the Hippo

JULY 28 - AUGUST 3, 2011 LOCAL NEWS, FOOD, ARTS AND ENTERTAINMENT FREE



GARLIC:
PESTO, JELLY AND OTHER USES

THE LONG RUN



How to conquer the 26.2 mile challenge

INSIDE: FREE FOLK FESTIVAL









BY FRED BRAMANTE

GRANITE VIEWS

Q&A with Manchester School Superintendent Tom Brennan



Bramante: In my last Hippo Granite Views, I sang your praises and the great work being done by your district in moving your schools into the 21st Century with Extended Learning Opportunities. Days later, I see that the support for ELOs (Extended Learning Opportunities, which allow students to get high school credits for leaning done outside the classroom, such as learning welding on the job) has been eliminated from your budget. Please tell me why I should not be disappointed, angry and upset.

Brennan: To set the record straight, the ELO initiative was never in our general fund budget. We were using state, federal and foundation dollars to pay for the ELO staff and related activities with the intention to include these costs in future budgets. You should feel disappointed, as I do, regarding the elimination of the staffing of our ELO program. But getting angry or upset uses energy which can best be directed in helping us develop strategies to maintain, sustain and expand the efforts we have made to date.

Bramante: What are your plans for the future of ELOs in the Manchester School District?

Brennan: It is my intention to press forward with the concept of learning beyond the classroom and/or school year by developing strategies which can be found within our current structure and supported by existing resources. This can be accomplished by reviewing best practices of other high schools in the state and nationally. One example is Laconia High School, where Principal Steve Beal and his staff have responded to this educational need by building the supervision of ELOs into the school day and the teacher's schedule. This approach ensures that educational oversight can be provided to ensure the rigor and validity of the activity. It helps in addressing one of the concerns expressed by educators and parents who question the advancement of ELOs. When this approach becomes part of the daily fabric of the school's instructional philosophy, students, staff, and parents are not involved in debating the worthiness of activities. The focus becomes centered upon learning and mastery of a set of competencies. In order for this concept to be sustainable it must become part of the general budget. It is my intention to develop a plan to incorporate allocation of resources for ELOs in future budgets.

Bramante: How are you going to address this significant loss of opportunity for the students of Manchester?

Brennan: Over the past three years, I have witnessed the expansion and legitimizing of ELOs. Through the efforts of the former staff members responsible for the development and implementation, a strong foundation has been laid for us to build upon. I continue to address this loss of fuding by seeking outside financial support through grants and any means possible to provide this type of opportunity for our students. As you know, I am committed to the educational needs of our students and believe strongly that learning is an active process that should not be limited to a specific place (school house) or a specific time (school day/school year).

Fred Bramante is the past chairman and a current member of the NH State Board of Education.

14 Run!



Even a marathon starts with a single step. Hippo talks to runners about their first marathon, how they train, proper footwear and food, and what it's like to run one. Some are sweating it out on the streets now to prepare for November's Manchester CIty Marathon and Half Marathon or other area races — we've got a list of upcoming events in case you want to join in or cheer them on.

Also on the cover: The **garlic** harvest is in and one local woman has lots of uses for the bulb. Get tips and directions to her products at local markets on page 34.

It's time again for the **Lowell Folk Festival** in downtown Lowell, Mass. Michael Witthaus talks to Dieselbilly king Bill Kirchen, who'll be performing, on page 50.

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JULY 2011

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SAVE THE DATE FOR HEALTHY SUMMER FUN!

3rd Annual Family-Friendly Farmer's Market

Saturday, August 27

Join in the fun at the St. Joseph Hospital Campus, Lake Street parking lot, as local farmers sell fresh fruits, vegetables, maple products and other locally grown and produced foods. In addition to local farmers, there will be a Healthy Chef Competition, where local chefs will battle with secret healthy ingredients to showcase their recipe creations. Children can look forward to games, a bounce house, face painting and lots of fun! The event is **FREE** and open to the public and will be held rain or shine.



Visit **www.stjosephhospital.com** for a list of vendors, chefs & updated information!

Visit the Tuesday SJH Farm Stand

Drop by St. Joseph Hospital from 11:00 AM to 1:30 PM, Tuesdays, on the ground level, in front of the South elevators (by the cafeteria) and select from a variety of fresh vegetables, fruits and herbs featuring Country Dreams Farm.

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St. Joseph Hospital offers three nutrition programs, which are available by appointment, to provide nutrition counseling for individuals with specific medical needs as well as those who wish to maintain their best health possible: St. Joseph Hospital Outpatient Nutrition Services, Nashua Medical Group Nutrition Program and Nutrition Services at the Cardiovascular and Diabetes Center. Using an approach that incorporates education and tools to help individuals change their behaviors and meet individual health goals, our registered, licensed dietitians provide nutrition counseling for a full range of needs such as:



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For more information on St. Joseph Hospital Nutrition Services, please visit **www.stjosephhospital.com**.

A variety of nutrition classes are available on an ongoing basis.
Visit **www.stjosephhospital.com/classes** for class dates, times and descriptions.

ask the doctor

Peter Barley, MD
SJ Family Medical Center – Nashua



How can I incorporate more fruits and vegetables into my diet?

Most people know they are supposed to eat plenty of fruits and vegetables, but with busy schedules, eating on the run and the temptation of junk food, this can be difficult for many. Nutrition experts recommend that you eat five to nine servings of fruits and vegetables each day.

Start boosting your daily consumption of fruits and vegetables with these simple tips:

- Put fruits and vegetables at the top of your grocery list.
- Buy many different kinds of fruits and vegetables, so you have plenty of choices and don't get tired of having the same ones. Buy fresh, frozen, dried and canned.
- Keep a bowl of fresh, washed fruit on the kitchen counter or table.
- Keep a bowl of cut-up vegetables on the top shelf of the refrigerator.
- Add chopped fruit to your breakfast cereal. Try sliced bananas, apples or dried fruit, such as raisins or apricots.
- Add sautéed peppers, mushrooms or onions to your morning omelet.
- Make a fresh-fruit smoothie for breakfast or a snack.
- Add at least one vegetable to your sandwich. Try tomato, lettuce, cucumber, grated carrots or avocado.
- Choose a veggie topping for pizza.
- Add vegetables to soups, sauces and casseroles.
- Eat a piece of fruit for dessert. If fresh fruits aren't in season, choose canned fruit packed in juice.
- Top fat-free ice cream or sherbet with sliced strawberries, raspberries or blueberries.



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070917

NEWS & NOTES

News in Brief

• **Report shows 11.4 percent of New Hampshire residents have disability:** A new report from the University of New Hampshire's Institute on Disability revealed that more than 11 percent of New Hampshire's population reports having a disability. The report, "Facts & Figures: The 2011 Annual Report on Disability in New Hampshire," offers a comprehensive picture of issues related to disability in the state. At 11.4 percent, the percentage of people with disabilities in this state is greater than that in Massachusetts, but less than Vermont's and Maine's. Nationally, 12 percent of the population reports having a disability, according to a UNH press release. The state's population is diverse across disability type. Although the employment rate of people with disabilities in New Hampshire (39.9 percent) is favorable to the national average of 35.3 percent, there is a 40-point gap between the employment rate of people with and without disabilities in the Granite State. New Hampshire lags behind its New England neighbors and the national average in terms of the quantity of special education students who spend at least 80 percent of their time in regular classrooms, the report indicated. The report draws on the U.S. Census Bureau's 2009 American Community Survey and reports from government agencies. It examines demographics, education, economic well-being, and participation in government programs. Visit iod.unh.edu/Research/nhstats.aspx.

• **As expected, home sales are down from a year ago, but up from 2009:** New Hampshire home sales and median prices dropped in the first half of 2011 compared to the first half of last year, which was significantly aided by the federal homebuyer tax credit. The first six months of this year recorded a median residential home price of $205,000 statewide, compared to $217,000 for the same period in 2010. There were 4,780 home sales in the first half of 2011, which is a 9.6-percent fall from the 5,289 homes sold in the first half of last year. "This comes as no surprise," said Tom Riley, a 35-year veteran of the real estate industry and president of Riley Enterprises in Bedford. Riley is president of the New Hampshire Association of Realtors. "As we've been saying right along, it's hard to draw a fair comparison when last year there was an $8,000 incentive to buy." Riley said in an NHAR press release that July and August will provide more accurate statistical comparisons with last year, since the tax credit expired on June 30, 2010. The 4,780 homes sold so far this year represent a 6.4-percent increase from the 4,492 homes sold in the first six months of 2009. Unit sales in June were mixed in local markets throughout the state, with increases in Sullivan, Coos, Carroll and Rockingham counties, compared with last year. Median prices increased from last year in just Strafford and Belknap counties, the release said.

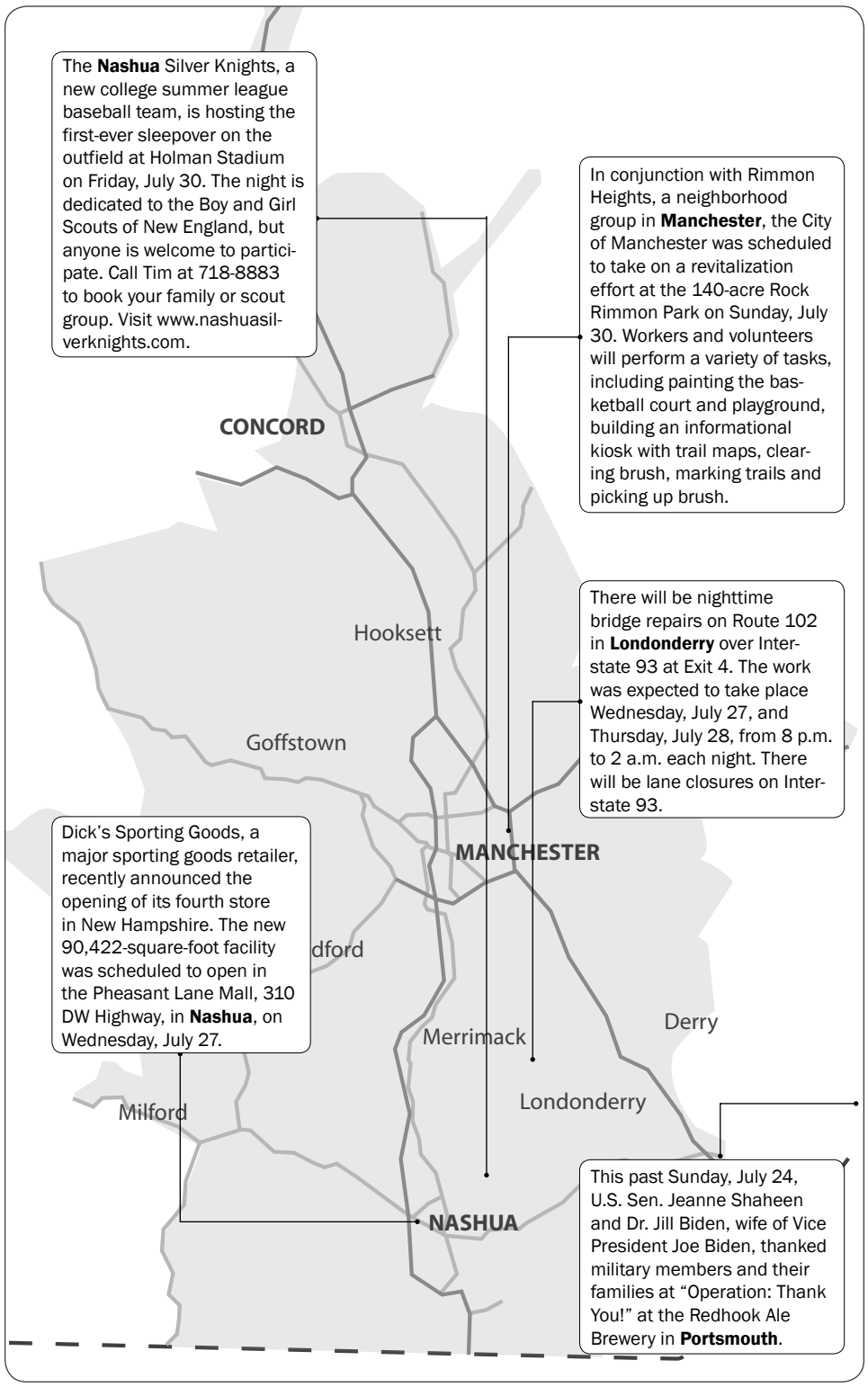
• **Ashooh ascends at Bartlett Center:** Rich Ashooh, a former Republican congressional candidate in 2010, recently assumed the chairmanship of the board of directors of the Josiah Bartlett Center for Public Policy in Concord. Ashooh, a Bedford resident, has been on the free-market think tank's board of directors since 2010, according to an announcement from the Center. Ashooh succeeds Manchester attorney Eugene Van Loan. Ashooh is vice president at BAE Systems and has served as legislative aide to New Hampshire Senators Warren Rudman and Gordon Humphrey.

• **North Country rains officially declared disaster:** President Barack Obama granted Gov. John Lynch's request for a major disaster declaration for the damage and costs the state and communities incurred as a result of heavy rains in the North Country in May. Lynch made the request earlier this month, according to state press release. The president's declaration will make public assistance available for impacted communities in Coos and Grafton counties. The estimated damage for the state and communities was expected to be more than $1.8 million. The declaration covers only public assistance. The state and communities are now eligible for assistance to cover emergency operations and repair costs, and funds for mitigation to help prevent future flooding.

• **DMV closes sites, reduces hours:** Changes to the Division of Motor Vehicles substation operations are going into effect, including the closings of the Belmont and Merrimack substations. The Belmont substation at the Belknap Mall and the Merrimack substation at the Harris Pond office park were scheduled to close Friday, July 22. The changes were made as a result of the new state budget, which took effect July 1. The new Nashua substation at 110 Broad St. was slated to open Monday, July 25, and will be open Monday through Friday from 8 a.m. to 4:30 p.m. for licensing and registration transactions. On Wednesday, Aug. 3, the Milford substation will begin new hours, open only Wednesdays and Thursdays from 8 a.m. to 4:30 p.m. As of Monday, Aug. 1, the Berlin substation will be open Monday through Thursday from 8 a.m. to 4:30 p.m. only.

• **More blasting on Interstate 93:** Ledge blasting work along Interstate 93 in Salem, which was initially expected to end July 26, will be extended for two more weeks until Tuesday, Aug. 9. The blasting work requires periodic rolling roadblocks and brief traffic stops on the highway, as well as Exit 1 ramps, between Exit 2 and the Massachusetts state line between 10 a.m. and 2:30 p.m., according to an announcement from the state Department of Transportation. Motorists should expect slow-moving traffic and delays in the area. The work is part of the $30.5 million Interstate 93 mainline widening and reconstruction project in the vicinity of Exit 1.

• **Work to begin on highways in Lebanon:** Preliminary work associated with the reconstruction of Route 12A in Lebanon was scheduled to get under way this week. The work will entail water line relocation, drainage, and temporary traffic signal work from Airport Road to the Mascoma River Bridge, according to a DOT announcement. Most of the work will be done at night, from 8 p.m. to 6 a.m. each night. The $20.3 million project includes the replacement of the Interstate 89 bridges over 12A, the addition of two lanes on 12A at the Exit 20 interchange, and the construction of bridges connecting the Upper Valley shopping plaza with the K-mart shopping plaza, according to DOT.



• **Parents invited to anti-bullying talk:** With bullying a hot-button issue locally and nationally, the National Night Out event on Tuesday, Aug. 2, in Penacook at Merrimack Valley High School will feature Wellesley, Mass., parent Andrea Harding advising parents about bullying. According to an organization press release, 77 percent of all kids are bullied because of how they talk, what they look like, or where they come from. The event is produced by the Merrimack County Sheriff's Office in preparation for back-to-school season. Harding, who is the founder of anti bull-e gear, will teach parents how to handle bullying.

• **House legislation would support year-round activity at ski resorts:** U.S. Rep. Charlie Bass co-sponsored bipartisan legislation designed to expand the year-round uses of ski resorts located on national forest system lands, including several in New Hampshire's White Mountain National Forest. "It makes sense that we open up our national forest lands to more opportunities for individuals to be able to enjoy year-round," Bass said in a statement. Bass said the legislation would increase tourism and encourage job growth in the state's North Country. Alice Pearce, president of Ski NH, a nonprofit trade organization representing New Hampshire's ski areas, said in a statement the state's ski areas are committed to developing natural resource-based recreation that "complements our mountain environment, allowing us to provide summer guests with active outdoor fun like zip lines and ropes courses, disc golf and mountain biking." Specifically, the Ski Area Recreational Opportunity Enhancement Act will clarify previous legislation to allow for year-round activities at ski resorts on Forest Service lands beyond winter months, according to a press release from Bass. The legislation passed the House Natural Resources Committee in June but is waiting consideration by the House Agriculture Committee before it can be brought to the floor of the House.



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Who wants New Hampshire's top job?

A look at the 2012 governor's race

By Jeff Mucciarone
jmucciarone@hippopress.com

While candidates and interested parties on both sides of the political aisle wait, patiently so far, for Gov. John Lynch to decide whether he'll run for a fifth term in 2012, the potential field appears to be coming together somewhat.

Though the presidential primary is stealing political headlines right now in New Hampshire, it seems like a good time to take stock of the gubernatorial race.

It would be easy to assume that if Lynch doesn't run for a fifth term, Democrats would be in trouble in that race. Prospective GOP candidates seem to have more name recognition than their potential Democratic counterparts. With the GOP still sliding heavily to the right in terms of cutting spending and the size of government, there would seem to be a rather large political gap available to a Democratic candidate who can write his or her story as tough on spending but also compassionate to the needs of the state. (Kind of sounds like the same space Lynch currently occupies, doesn't it?) It wouldn't seem that a Democratic campaign leaning heavily leftward would be successful.

If Lynch doesn't run, and he hasn't given any indication either way, it would seem a safe bet that former senator Maggie Hassan would run. She told the Portsmouth Herald this month she is considering running if Lynch doesn't. Steve Marchand, former Portsmouth mayor, is another possibility on the Democratic side, though he hasn't been as vocal in his consideration as Hassan. Mark Connolly is another name to keep an eye on.

Democrats have to play the wait-and-see game with Lynch, knowing he's their best chance to keep the corner office. He's not a sure thing but it would be terribly difficult to unseat him in a presidential election year.

GOP names

It would probably be shocking to the New Hampshire political world if Ovide Lamontagne were to opt out of running, regardless of whether Lynch runs again. Lamontagne gained major notoriety, and apparently kingmaker status in the presidential primary, after losing to Sen. Kelly Ayotte in a tight GOP primary last year. His graciousness in defeat served him well, but it was his third defeat, including a failed attempt at the corner office in 1990s.

Beyond Lamontagne, John Stephen, who ran a tough campaign against Lynch last year but who is also a three-time loser, is likely considering another run. Then there's possibly state Sen. Jeb. Bradley, who has taken a high-profile role in the senate on various bills, notably retirement reform. Bradley is a former U.S. congressman who lost to former representative Carol Shea-Porter in 2006 and then again in 2008.

It was last month that Lamontagne reached out to Stephen and Bradley to talk about their 2012 plans. Reports indicate that Lamontagne has been making inquiries to see what kind of support he'd have statewide. As perhaps the most conservative candidate in the Senate primary last year, Lamontagne might have a tough go of it against Lynch, who is a moderate Democrat and still decidedly popular in the state.

And then last week, a website, www.kevinsmithforgovernor.com, was launched by unknown parties. Kevin Smith is the executive director of Cornerstone Policy Research in Concord. He probably doesn't have the name recognition of Lamontagne, Stephen or Bradley, but Cornerstone is a powerful launching pad. He could push the conservative envelope if he were to join the race. Smith told the Union Leader he is seriously considering running but he didn't know who was behind the website.

> It would be easy to assume that if Lynch doesn't run for a fifth term, Democrats would be in trouble in that race. Prospective GOP candidates seem to have more name recognition than their potential Democratic counterparts.

Political analyst Dante Scala previously said that if Lamontagne had beaten Ayotte in the primary, he would have won the general election. But 2012 could be a different animal: it might not be a race to be the most conservative.

State politics do seem to be overshadowed by presidential primary news, but it would be interesting to see if anyone other than Lamontagne jumps out of that group to go after Lynch or tries to gain publicity in any other way. So far, the other candidates have stayed mum on their plans and haven't really been in attack mode. Lamontagne has hinted several times publicly that he's expecting to run.

Taking down Lynch

Certainly the preference of Democratic officials is that Lynch runs again. If the GOP couldn't take him down in 2010, when every Democrat was vulnerable, it's difficult to see how they do it 2012, unless there's some dramatic turn of events.

If Lynch does run, it will be tough for any Republican to beat him. In the most recent University of New Hampshire Granite State Poll, Lynch held a 65-percent approval rating, compared to the 23 percent of residents who disapproved. The poll also revealed that Lynch received majority support from independents and Republicans in the state. That is not good news for the GOP.

According to a Public Policy Polling head-to-head poll, Lynch leads Bradley by 19 points, Lamontagne by 18 points and former senator John Sununu by 11 points. (Many Republicans would be thrilled, surely, to have Sununu run.) Reports indicated Public Policy Polling can have a Democratic tilt.

The Public Policy Polling poll also revealed that Republican candidates stack up well against possible candidates other than Lynch, with nearly all prospective GOP candidates winning their head-to-head match-ups with prospective Democrats, including Hassan, Connolly and Marchand. An article on the Daily Kos notes that Democratic candidates are less known than their GOP counterparts.

But that's not to say it would be a done deal for Republicans if Lynch were not to run. Hassan, former senate majority leader, was seen as an up-and-comer prior to her senate defeat last year who had higher aspirations. Of course, running from a senate seat is an easier platform than not having one.

But while the 2010 election was a race to the right, a race to cut back spending, there's real animosity from many regarding how deep the cuts went in this year's budget process. That's where there appears to be room for a moderate candidate who focuses on curtailing spending while also showing a little more compassion.

There's still time for candidates to introduce themselves to voters. Stephen had name recognition problems in his campaign last time around but was still nearly able to knock off Lynch. There's still an opportunity for candidates to make themselves known.

Ticket-toppers

It won't just be Lynch at the top of the ticket this time around. It will also be Obama — that's obviously a big help for Democrats. Obama's popularity in New Hampshire has waned some — according to a University of New Hampshire poll this month, 49 percent of residents disapprove of the job he's doing, while 46 percent approve — but a presidential election is going to drive turnout, whereas last year's mid-term election didn't do so in nearly the same way.

Obviously, Republicans will have a presidential candidate at the top of the ticket as well that will certainly help them, but Obama's get-out-the-vote effort in 2008 kind of speaks for itself. Still, Obama's power from the top of the ticket probably won't be as strong as it was in 2008.

Stay tuned.





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Local brewer

Jim Prucha wins Samuel Adams contest

Londonderry's Jim Prucha is this year's winner of the Samuel Adams Patriot Homebrew Contest. As the winner, Prucha is looking forward to sampling Sam Adams' rendition of his Baltic Porter, which will be on sale at Gillette Stadium this fall. This is the third time Prucha has entered the homebrew competition. Jim Koch, founder and brewer of Samuel Adams, described the Baltic Porter as "malty, very smooth brew with sweet, dark fruit and chocolate notes."



Q: What are your thoughts on winning the Patriot Homebrew Contest?

Well, I thought it was really neat. I've been brewing for a long time and this was probably the highlight. The real treat was going down to Sam Adams and brewing with the guys.

What was that like?

It's the same as you see in the ads. Bob and Dean are seen with Jim Koch in the ads. It's the real place where they brew, at least the boutique-type beers. It was down in Jamaica Plain. It was a real interesting experience.

How would you describe your Baltic Porter?

The Baltic Porter is a category between a normal porter and maybe a Russian imperial stout. It's a bigger beer. … It's a big, malty, smooth beer. I put lots of chocolate malt into the recipe. I liked it and I guess they did too.

How did you choose to enter this particular recipe?

This is the third time I made the recipe. It started as a club recipe; normally I make my own. But the club put out a project and 10 guys got together and barrel-aged the beer. We liked what we got. I tried it again when I entered the Patriot competition. I was thinking about what would be a good football beer. If I was sitting in the stands, what would I want to drink: something warm and something big.

What types of beers, in terms of style, do you prefer?

I've gone through most of the styles. I've been brewing for 13 years. This was beer number 147 for me. I started out making beers with honey. Then I went through fruit beers. I did a lot of American pale ales. Then I went through some Belgian styles and then finally got to the bigger beers, dark lagers, Baltic porter. I cycle through my favorites and try and add one now and then.

How did you get started homebrewing?

Originally my father had made wine at home. I remember the bottles bubbling away at home. He worked with a brewer. I always liked beer. I went to [Jasper's Homebrew and Winemaking] in Nashua and talk to the guy there…and bought a kit. That's what I've been doing ever since.

At this point do you pretty much just drink your own beer?

No, I try most everything I can find, something new, something different. I buy commercial beer as well.

What was the competition process like?

If you have something that happens to be a contest, it's interesting. If you have a beer that's good enough or if you're looking for feedback from judges. … In this case, the Sam Adams competition is kind of a big-name competition. I've been at competitions at the national level, a couple times at the masters level — you get a ribbon. Here, you get more than ribbon. This is the big time.

What is your brewing operation like in terms of scale?

I make five-gallon batches. It's really a very small scale. It's still partial extract brewing. I stir it on the kitchen stove and it ends up in the garage and the basement. It's the absolute homebrewing, not exactly beginner scale, but nothing exotic or automated. It's all bottled by hand and put in little jugs.

Any advice for beginner homebrewers?

Well, I've had a couple of failures, beers that work very well as Drano, just bubble right down the drain. It's a matter of cleanliness and paying attention to details. If you go to a local homebrew shop, they'll help you. It helps if you can learn with somebody who knows the ropes. That's the advantage to a homebrew club, where there's dozens of people who have been there before. I learned a lot from the Brew Free or Die people.

For you, what are you looking for in a beer?

Flavor. You want something that tastes good. If you want mass-market generic beer, the beer snobs would call that lawnmower beer. … If you want something you can sip and enjoy slowly, you want something with more flavor. Typically that's seasonal beers. In the winter, people want bigger, warmer beers. In the summertime, they want something that's maybe not so much. When I brew, typically it's seasonal. I'm always looking for something new and different. I'll try a very hoppy beer or something extreme one way or another. Barrel-aged beer is interesting. There's an amazing variety in the market right now.

—Jeff Mucciarone

QoL

JULY 28, 2011 QUALITY OF LIFE INDEX

Job-killing, healthcare-related

Elliot Health System announced on Tuesday that it laid off 182 people in response to the new state budget (passed by a Republican super majority) which carved $17 million from Elliot's 2011 operations with more cuts to come. Overall the legislature cut $250 million over the next two years in Medicaid reimbursements to New Hampshire hospitals. The hospitals are suing to overturn the budget cuts.

QOL score: -2

Comment: *Didn't Republicans say that Democrats were the "job-killing" ones? Wonder if those 182 people from Elliot agree...*

Why QOL ate so much ice cream last week

Temperatures in New Hampshire last week were historically hot, with heat index warnings reaching 105 degrees for Thursday and Friday in particular. When the state has to set up more than 40 "cooling centers" to help keep the public cool and safe, that's a level of hot beyond your typical summer.

QOL score: -1

Comment: *Another sign it's too hot: the state issued an air quality warning last week.*

Gas prices on the rise

Gasoline prices in the state rose steadily last week and now, according to www.newhampshiregasprices.com, the average price for gas in New Hampshire is $3.899 a gallon, which is higher than the national average of $3.692. The cheapest gas can be found in Ashland at $3.56 a gallon, while a Shell station in Rindge is the most expensive costing $4.09 a gallon.

QOL score: -1

Comment: *There was also a big red arrow pointing up next to those prices, indicating more increases on the way.*

The bookworm's lament

July 2011 will be remembered as the month New Hampshire lost six bookstores. Five of those were Borders, closing along with the company's remaining stores nationwide. The other was Lee's Spot on Elm Street in Manchester, a used book store. While bad business decisions led to the end of Borders and a retirement (QOL wishes owner Lee well) brought the end of Lee's Spot, it's still a blow to area readers.

QOL score: -2

Comment: *In the thick of summer reading season, too.*

At least we're not Ohio

The Natural Resources Defense Council, which has praised the cleanliness of the water at Hampton Beach, now reports that New Hampshire is one of the 20 worst states for toxic air pollution from coal and oil power plants. The list names mostly Midwestern and Southern states, and us. See www.nrdc.org.

QOL: -2

Comment: *The biggest offender by far, PSNH's coal-fired power plant in Bow, is getting new filtering technology installed, so check again in a year or two.*

Climb every mountain

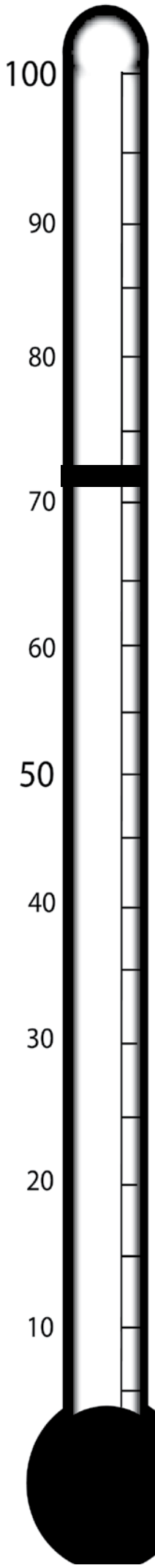
Dan Szczesny, Hippo associate publisher, is planning to climb all 48 of New Hampshire's 4,000-foot-or-higher mountains in one month to raise awareness and funds for the Holy Cross Family Learning Center, a nonprofit whose volunteers teach English to immigrants and refugees trying to build new lives in the Granite State. Szczesny climbed 18,250-foot Kala Patthar in Nepal last October with his wife (read his blog at www.ekpadventures.com). This new endeavor will start Thursday, Sept. 1 (see www.september48.com).

QOL score: +1

Comment: *In his press release, Szczesny says this project is not an excuse "to simply bum around the mountains all month."*

QOL score: 78
Net change: -6
QOL this week: 72

Let us know about your quality of life at news@hippopress.com.



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The idiots' guide to dealing at the trade deadline

The baseball trading deadline comes your way Friday afternoon. The days leading to it are filled with rumors, juicy rumors, exaggerations and downright lies. The right deal can energize a team, as happened for the Sox in 2004, and the wrong one can be an albatross around the neck of a GM forever, as it was for **Lou Gorman** after dealing **Jeff Bagwell** to Houston in 1990.

Deals at this time offer opportunities to the best teams looking to improve and to those going nowhere as they look to dump contracts. Here's a guide to the type of deals **Theo** has been sifting through to give the 2011 Sox that little extra edge to get them to the promised land for the third time in seven years.

Filling a Need: With the Rays reportedly willing to move the talented but underachieving **BJ Upton**, a deal between the Cardinals and Cubs at the (then) June 15 deadline comes to mind. The Cubs got two-time 18-game winner **Ernie Broglio** and St. Louis got a talented but disappointing youngster the Cubs had given up on. The question is will Upton fail to realize his potential, or could he be a **Lou Brock**-type story — Brock became the Cardinals' spark as the went from seventh place on the day of the deal to winning the World Series.

Taking on a Contract: The Sox have never been afraid to do this in part because they know the Yankees think about it for a split second. The team that gives up the big contract will do it without the price being steep in prospects because their real aim is the financial flexibility they get from the move for the future. That's what the Phillies got in 2008 when they dumped the talented **Bobby Abreu** on the Yanks, who got good value from him, while the Phillies were better able to maneuver for the future and considering that they have won the division every year since and been in two World Series they were better able to afford keeping **Ryan Howard** and **Roy Halladay**. So sometimes since subtraction is actually addition for your trade partner you get a good player for a relatively cheap player cost on the other end.

Renting the Impending Free Agents: You can get a real difference maker here, as Houston did with **Carlos Beltran** in 2004 with his GIGANTIC post-season. Ditto for the Brewers after they got **CC Sabathia** in his walk year of '08 as he went 11-2 in leading Milwaukee to the playoffs for the first time since the '80s. And **Cliff Lee**'s been that guy two years running for the Phillies and Texas last year as his looming free agency caused Cleveland and Seattle to cash in their chips to get something big back in return. This method can be pricey, but it can pay dividends — with the most likely targets this year being Beltran again and teammate **Jose Reyes**.

One Season for a Promising Youngster: In 1987 the Tigers needed a starter to stay in the Al East race with the Blue Jays and made a deal to get journeyman righty **Doyle Alexander** from Atlanta for a player to be named later. From that point on Detroit went 33-18 with Alexander leading the way by going 9-0 after the trade. But since they were smoked in the ALCS, I'll ask with 20-20 hindsight, if they could do it over would they pass on that title if they could keep young'n **John Smoltz**, who went to Atlanta in that deal?

Changing the Chemistry: While sending **Manny** to L.A. in '08 was necessary and productive — even with the Mannywood phenomenon — the best one in recent memory was sending the increasingly embittered **Nomar Garciaparra** away in 2004. While it seemed a gigantic blunder (at least to me) the three who came back in two separate deals had memorable impacts on Red Sox history. **Orlando Cabrera** drastically improved the D, **Dave Roberts**' last-ditch steal to spark the comeback over the Yanks may be the single greatest play in team history and **Doug Mientkiewicz** almost got away with the game ball as the curse came to an end. Don't think the Sox need one of those this time, but they couldn't top this one if they tried anyway.

The Big Mistake: While trading Bagwell was a boner for Gorman, the real sin was giving up that good a prospect for a 30-day rental in **Larry Anderson**. You've got to know your farm system better than the other guy. It's why I was reluctant to see Theo deal with his former assistant **Jed Hoyer** in making the **Adrian Gonzalez** deal, because he knew the system as well as Theo. Thus it was unlikely that they were going to hoodwink him into lesser prospects and the trick is to use the farm system to get what you need by never, EVER giving up A or A+ prospects as Atlanta did when they won 14 straight division titles by trading off vets as new prospects was ready to take their place. And OK, **Josh Beckett** for **Hanley Ramirez** was the exception.

With all that as a backdrop for Theo's work this week, here's what I think are the priorities at the deadline.

Don't get Shaqed: Many feel a bat in right field is the biggest need. I think it's determining whether the back issues for **Clay Buchholz** are going to linger or be solved. The Celtics didn't do it quick enough with the Big Fella and it spelled curtains. If Buch is a 50-50 question mark, they need to do a deal NOW with the top preference being the AL East battle-tested spitting **Matt Garza**, who could fill the needed number 3 starter spot, and if Buchholz comes back it means depth and trade material for the winter. Second choice: **Derek Lowe**.

Bullpen Depth: You need it to win now more than ever. I ain't counting on the injured-for-a-third-time **Bobby Jenks** and they need a lefty they can count on to get lefties out (though who doesn't). This is more important than adding a bat by far.

A Hitter: They lead the majors in almost every offensive category and hitters will be available in August via waivers. So if I'm Theo, with **Josh Reddick** hitting in the .350s, I wait to see if he is a flash across the sky or someone who can contribute as he has so far. And besides, when **Carl Crawford** starts consistently it'll be like adding another big bat.

Jose Reyes: The Globe's **Nick Cafardo** says go get the free agent to be. But with the Mets reeling on and off the field they'll get lynched if they don't get a ton back. So I'd only consider it if he's signed on arrival, and that won't happen — so it's a pipe dream.

We'll check back next week to see what happened.

Dave Long can be e-mailed at dlong@hippopress.com. He hosts Saturday Morning Sports with Dave Long from 10 a.m. to noon Saturdays on WGAM – The Game 1250-AM in Manchester and 900-AM in Nashua.





The future is now for Shepley at LPGA's The International

The Big Story: If you're a golf fan and missed it, shame on you. As for those who did trek to Beaver Meadow over the weekend to see the LPGA Futures event The International, they got a great show. One that didn't end until Canadian **Jessica Shepley** buried a 12-foot birdie putt on the final hole to win the $14,000 top prize with a 13-under-par three-day total of 203. It was the first LPGA Futures win for the 28-year-old Oakville, Canada, native, who beat **Lauren Doughtie** of Suffolk, Va., for the title.

Sports 101: Rank in order from highest to lowest the number of hits Red Sox shortstops have had, or did have in their entire career: Johnny Pesky, Joe Cronin, Nomar Garciaparra, Orlando Cabrera, Edgar Renteria, Alex Gonzalez and Rick Burleson.

Swinging Bunt of the Week: Sometimes is ain't how far you hit them, it's where they land. And that was the case for **Ryan Hall**, whose swinging bunt with the bases loaded in the bottom of the sixth inning gave Goffstown a 2-1 win over Portsmouth and the State Little League title in the process. It was the second in the first two games of the best-of-three series with the renowned Portsmouth Little League and sends G-town on the New England Regionals in Bristol, Conn. **Nate Proulx** got the win with a sensational effort when he surrendered just one earned run and six hits and struck out six. The first G-town run came on a third-inning homer by **Colby St. Pierre**.

Rumor Mill: How about **Nomar Garciaparra** suggesting on *Baseball Tonight* that a way for the Cardinals to undo their payroll logjam to resign **Albert Pujols** could be trading **Chris Carpenter** of the Bedford Carpenters to the YANKEES at the trading deadline. It makes financial sense, but with the Cards in contention it doesn't make baseball sense.

E-Mail of the Week: Comes from Fred in Concord, who pointed out that I missed someone in my 1-2-3 ranking of **Chris Carpenter-Mike Flanagan-Stan Williams** as the three best major-league pitchers to come from New Hampshire. I left out **Bob Tewskbury**. With all due respect to Stan, my apologizes to Tewks. His numbers in his peak years — like 1992 when he was 16-5 with a microscopic ERA of 2.16 for the Cardinals — were higher than Williams'.

On This Date – July 28: **1943** College basketball star, Olympic gold medal winner, two-time NBA champ and senator from New Jersey **Bill Bradley** is born in Crystal City, Mo.; **1949** 1971 baseball sensation **Vida Blue** is born; **1957** White Sox centerfielder **Jim Landis** strikes out five times in a game; **1971** 16-time gold glove winner **Brooks Robinson** commits three errors in one inning; **1988** Yanks' **Tommy John** makes three errors on one play yet beats Brewers 16-3; **1995** Owner **Art Modell**'s rep begins secrets talks to move Cleveland Browns to Baltimore; **1997** **Peter Graf**, father of tennis star Steffi, enters the big house in Germany for tax evasion.

Sports 101 Answer: The hit leader among former Red sox shortstops is surprisingly not Garciaparra or Hall of Famer Joe Cronin. It's Boston free agent bust Edgar Renteria with ,2289, followed by Cronin (2,285), Cabrera (2,025), Nomar (1,747), Burleson (1,401) and Gonzalez (1,323).

Sports Glossary

Jeff Bagwell: Borderline Hall of Famer dealt from the Red Sox system for **Larry Andersen** to fortify the bullpen in the 1990 pennant race. In the short term it worked as they won the AL East and Andersen delivered via a 1.23 ERA in 15 September appearances. Still, considering that Bagwell went on to hit .297 lifetime with 442 homers while making 4 All-Star teams and winning 1994 MVP, the question is was it worth it?

Ernie Broglio: 21-game-winning lefty for the Cardinals in 1960 and 18 three years later when they were nipped at the wire by the pitching-rich Dodgers. The specter of another of those seasons made the Cubs willing to trade the 24-year-old **Lou Brock** south on June 15, 1964. But talk about the market heading south at the wrong time, as alas he won just seven games for Chicago and was out of baseball three years later while Brock went on to play in three World Series for the Cards, get over 3,000 career, retire as the all-time baseball stealer and go to the Hall of Fame in 1985. By all accounts a whopper of a blunder for the Cubs.

Mannywood: Short-term nirvana for L.A. Dodgers fans in late summer 2008 when newly acquired **Manny Ramirez** had what arguably were the greatest two final months of a season since Yaz carried the Sox to the pennant in 1967. It led to fans' packing the left field seats to be near Manny and wearing dreadlock wigs to look like him and L.A. sportswriters to smirk over how Boston got taken by the deadline day deal. But, even though he hit .396 in that span, after two drug suspensions, assorted injuries and the usual, those same L.A. writers are singing a different tune and are back to the La-La land goobers we always knew they were.

Braves Trading Off Prospects: The mantra for the 14-time-in-a-row NL East champion Braves during the glory years. That's when guys on their way to becoming solid contributors or big-time stars like Tom Glavine, Steve Avery, Chipper Jones, Andruw Jones, Ryan Klesko and Rafael Furcal came up through the system to keep the payroll low as the wins kept coming. Then when guys like Avery and Dave Justice faded quicker than expected they were let go or traded a year too early to get something back as the next generation of guys like Jermaine Dye and Kevin Millwood came along.

The Numbers

3 – hits by **Jordan Marquis** in Game 1 and **Miller Ouellette** in Game 2 to lead the way as Manchester Ray Lebel All-Stars were 6-4 and 10-4 winners over Rochester to take the State 13-year-old Babe Ruth title on Saturday.

5 – hits allowed by **Joe Maher** in leading Bedford to a 6-3 win over Nashua in the New Hampshire American Legion State Tournament as he struck out five and walked three.

9 – of the first 13 batters to face him struck out by lefty **Carmen Giampetruzzi** in leading the Tom Woodlock All-Stars to a 4-1 win over Rochester in the 15-year-old Babe Ruth State Tournament at the start of the week.

11 – strikeouts by **Brian Shea** when he gave up three hits in a 2-1 Manchester win over Keene to win the Babe Ruth 14's State Tourney and send them on to a meeting with Pittsfield, Mass., in the Regionals on Friday.

65 – low one-round score carded at Beaver Meadow during the LPGA Futures Tour The International by **Sashee Son** (South Korea), **Hanna (cool and the) Kang** (South Korea), and **Kathleen Ekey** (Townsend, Ohio).

50 – million dollars the Celtics will get per YEAR in their new TV contract with Comcast Sports Net — which will give them 20 percent of the station as well.

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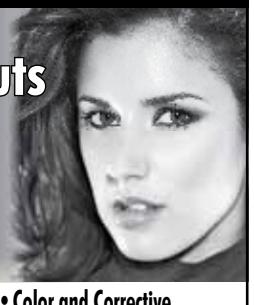
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THE LONG RUN

How to conquer the 26.2-mile challenge

Photo illustration by Dave Coscia

By Jeff Mucciarone jmucciarone@hippopress.com

Impulsive.

That's how Goffstown resident Sharon Galatas described her signing up for the Nike Women's Marathon in San Francisco.

"I always wanted to do a marathon," she said.

"I didn't think about it, I just did it," she added.

She was on the Internet looking around, spotted the event, and entered her name knowing there was a lottery system. She didn't tell her husband but, naturally, her name was picked and so she had some explaining to do.

"My kids thought it was great," Galatas said. "My husband thinks I'm crazy."

So the Galatas's will be making the cross-country trip in October so Sharon can pound the pavement in San Francisco.

"I looked at my dad and I was always impressed by him," Galatas said. "You're telling your kids you can do anything you want, that you can do anything you set your mind to.... At a certain age, they start calling you on that.

"My daughter said, 'Why don't you do it?'"

And turning back isn't an option for her now.

For some, running is a way of life. It's entrenched in daily routines. A proven way to stay healthy and lean, but there's more to it than just that. It's also a stress-reliever, a way to burn off anxiety. It's therapeutic for some. It's a mental test as well, because at some point during long runs and a marathon itself, it becomes a mental game just to put one foot in front of the other.

Pete Larson, a biology professor at Saint Anselm College, said running is a part of his daily activity — and now it's a component of his professional work too, as he just had a paper accepted on the mechanics of running the Manchester Marathon. Betsy Anderson of Runner's Alley in Manchester said running is simply fun, once you're up and running, no pun intended.

"It's easy," Galatas said. "It's easy as far as you can just get up in the morning and go running. You go out for 20 minutes and come back and feel like a different person."

Taking the plunge

But there's getting up and going for a run, and then there's training for a marathon, typically a 16- to 18-week commitment that builds long runs all the way to 20 or 22 miles, culminating with the 26.2-mile race.

Now nearing the halfway point of her training, Galatas recently did a 10-mile run. Saturdays are the long runs. When she was growing up, Galatas said, her father often ran, and she remembers always being impressed by him. Through the years her running increased bit by bit to where she was regularly running two or three miles. Last year, she joined a training group with Runner's Alley, a retail running shop with stores in Manchester, Nashua and Portsmouth, to train for a half marathon. She completed the half marathon, though at the time she said she couldn't have imagined running another 13 miles.

Figuring she'd need some help along the way, Galatas signed on with Team in Training, which provides support to marathon runners in exchange for fundraising help. The organization raises money for leukemia and lymphoma research. The organization helps her with training and logistics and it organizes the Saturday long runs.

"I thought if I'm going to do this, I might as well do it for another purpose," Galatas said. She committed to raising $3,200 for the organization.

The group also linked her up with people who will be running the same marathon as her. That was a concern of Galatas's: that 26 miles was an awful long way to run without knowing anybody else around you. She's met two other women who will be running it with her.

"It's good when you run with people from your group," Galatas said, though, juggling a hectic schedule two weeks ago, she had to do the 10-mile run on the treadmill, which was boring, "to say the least."

"I'm committed to it," Galatas said. "I'm going to do it, no matter what. It's just in my mind."

Some use it as a travel excuse, just like Galatas did. "It just looked like fun," Galatas said. "It seemed like a beautiful area. It's a good excuse to get a trip." Planning a vacation around it could add extra motivation. (Though Anderson said one local runner opted to run a marathon in Phoenix and she didn't like how flat the marathon was considering how hilly it is in this area.)

"You can see a new place in a different way," Anderson said.

But it all comes down to what a particular runner is looking for, Anderson said. "There's lots of ways to plan it."

Runner's high or something like that

People who have looked into running at all have probably come across the phrase "runner's high," a sense of euphoria associated with long-distance running in particular. Studies

have revealed that intense endurance training can increase the flow of endorphins from the brain, which impacts moods. The effects vary greatly from individual to individual, reports indicated.

Runner's high or not, runners said the act of picking up those feet and putting them down on the pavement has lasting impacts on their lives.

"For me at the end of the day, there's nothing better than getting out and moving a little bit after sitting around all day," Larson said. "Some days I'll listen to music while I run. Some days I'll have nothing but my surroundings around me. To me, it's just an incredibly relaxing thing."

Galatas had similar sentiments.

"It just gets rid of all your stress," Galatas said. "It really does. You can go from feeling horrible to feeling fantastic."

Her kids can always tell when she's gone for a run. They'll kid her when she's irritating them and tell her she needs to go for a run, Galatas said.

"It just makes you feel good," Galatas said.

Beyond just feeling good right after or during a run, runners say it can take over in a good way.

"It's huge," Larson said. "It's a daily thing for me.... It's become all-encompassing to some extent.... It's actually become part of my professional life as well."

Larson is referring to a paper he just got accepted on the topic of running mechanics in the Manchester Marathon. He also created a course at Saint Anselm in exercise physiology. Read more from Larson at www.runblogger.com. Larson has run eight marathons in the last two years, culminating earlier this year at the Boston Marathon. He also ran an ultra-marathon — 31 miles — in Maryland. He had been training more or less constantly for the last two years.

"Right now, I'm just running for me, keeping healthy," Larson said, adding he'll do a race here or there, likely in the 5K-to-10K range. Larson doesn't run every single day but typically five or six days per week. He's currently averaging 25 miles per week. He doesn't have a race on the docket until January.

Taking the appropriate steps in the right shoes

Running is accessible and requires little in the way of gear and equipment. But the right shoes can make the difference between a lasting relationship with running and a short one.

Step one for beginning runners should probably be acquiring a good pair of running sneakers, and it's important to make sure they are the right shoes.

At the Runner's Alley, employees ask customers to take their shoes and socks off and first walk and then jog across the carpet. The employees are taking a look at running form, a runner's arch, how the foot hits the ground and whether or not it's pronating.

From there, employees ask what type of running the customer is going to be doing. Is the goal a 5K, a half marathon, a full marathon, trail running, an ultra-marathon, or two- to three-mile runs here or there? Are customers looking for something that's super light or would they prefer a shoe with more support? Does a customer have a history of particular injuries?

Anderson said these things matter. Just picking up a pair of shoes at a box store, without really knowing what the shoe is designed for, isn't helping anyone. In fact, it can result in injury, or at least an uncomfortable and unproductive running experience, she says.

After the shoes, runners probably want to think about picking up some technical socks. They are more expensive than a pair of cotton socks, but particularly for longer-distance running, the extra money is worth it when it comes to wicking moisture, and preventing blisters — and odor. Anderson said there are 250,000 sweat glands in people's feet alone, and during the course of a marathon a runner would sweat out about one-third of a cup of moisture, just in his or her feet.

For women, finding a comfortable and supportive sports bra is key as well, Anderson said.

Compared to other sports and hobbies, running requires little from the pocketbook.

"You can walk out your front door and start running," Anderson said.

Give it a good shot, Anderson said. It's going to be challenging for first-time runners, but once their bodies get used to it, it will be very rewarding, she said.

"If you can walk, then you can run," Anderson said. "It's in everybody. It's just fun."

Running is a progression. Some people might be looking for instant gratification. They might go out and push too hard, run too far, too fast. They burn out quick and end up disliking the experience. It's critical that new runners start off slow and with short distances. New runners shouldn't be afraid to walk during runs, Larson said.

But the key is to make it fun. One of the biggest motivators is a race. So sign up for a race and hit the pavement, Larson said.

Picking a training plan

Hal Higdon and Jeff Galloway each offer different training plans for beginners, as well as more advanced running programs. Galloway's beginner programs incorporate walking as part of long runs, which Anderson said can make the activity less overwhelming. Higdon also suggests walking as a way to give your legs a rest in the middle of long runs. On his website (www.halhigdon.com), Higdon said his son ran a 2:18 marathon in which he walked through the water stations.

Every training plan is different, though most beginner plans are 16 to 18 weeks long. Higdon's beginner plan includes four days of running, one of cross training and two rest days. Galloway's beginner plan includes three days of running, one easy walk and three days of rest. There tends to be a bunch of marathons in the fall and a bunch in the spring. It's obviously a long-term undertaking, so it's a good idea to

Kids' running program

Runner's Alley, a retail running shop in Manchester, is for the first time offering an eight-week running program for kids grades 3 to 6. During the program, kids will complete an entire marathon, culminating with the last mile as part of the Manchester Kids Marathon to be run on Saturday, Nov. 5, the day before the Manchester City Marathon. Guest speakers will talk about hydration and nutrition during the program. There will be a parents' informational night in late August. The program begins Sept. 12 and runs Mondays and Wednesdays at Dorr's Pond.

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Peter Larson out for a run. Courtesy photo.

think logistically about how to incorporate a time-consuming training plan into daily life, Anderson said.

Runner's Alley has a 5K group and a half marathon running group for people looking to train with others.

Once a new runner gets into the training, it's important to take it slow.

"Listen to your body," Anderson said. "Don't do anything crazy."

Generally, Anderson said training plans advise increasing mileage by about 10 percent per week. But it's probably not a good idea to have the long run — most training plans include one particularly long run each week that builds throughout the program — make up 25 percent or more of weekly mileage, Anderson said.

Most training plans include a particularly long run each week that builds in mileage throughout the training plan. Then the plans taper leading up to the race so runners have as much energy as possible. Higdon's beginner plan reaches 20 miles, while Galloway's beginner plan does include a 26-mile run a few weeks before the race.

Running groups are a nice option for new runners in particular, as they provide some camaraderie, runners said.

An 18-week training plan takes a mental and physical commitment for sure, and it requires a substantial time and logistical commitment as well. People need to work around their work schedules, their kids' schedules, vacations at this time of year — not to mention last week's 95-degree heat. Especially with kids, finding time for workouts can be difficult.

"You just have to make time," Galatas said. "It works out. You can get up earlier. It definitely changes things. I can't go out for drinks on a Friday night like I used to, because on Saturday morning you'll feel it."

"It's definitely a time commitment," Anderson added.

During the week, Galatas incorporates speed work, hills and some cross training, and a day off. It's all building on the long runs. Galatas prefers running with other people and she likes runs that take her from point A to point B: "I don't like running out and back, running the same route twice," she said.

Day to day, the running experience can vary. Some days, 18- to 20-mile training runs come easy, but on others, much shorter runs can be a struggle, Larson said.

Runners use a social media website called the DailyMile, which is essentially Facebook for athletes. It allows runners to create a profile and keep a training log.

"It's a pretty handy thing to check," Larson said.

Self-competitive, Larson opts to run by himself for the most part, though he'll run with his dog a lot. He's run some with the Granite State Racing Team, but his dog is his most frequent training partner. The competition is less about who he can beat and more about pushing himself hard.

"My goal was to initially do well in a race," Larson said. "That got me hooked and pushed me to do better and beat myself."

Figuring out how to fuel yourself

Runners also need to think about how to properly fuel themselves and how to make sure they're staying hydrated. Runners often use energy bars and gels to aid them along the way. Anderson said it's a good idea to pack a sports drink or water for runs longer than 45 minutes. If a runner is training for a marathon, he or she will regularly be running longer than 45 minutes. Waist belts that hold water bottles and room for some food are key. There are also waist belts that carry water bladders.

"You can figure out what works well," Anderson said.

Does a runner like energy gels, or bars, or dates for food? Does he or she prefer gels with caffeine or without? What about sports drinks? There is some trial and error, Anderson said. Not everything is going to

The Boston Marathon

Running the Boston Marathon is a goal of many a runner. Its popularity makes getting in a struggle. Obtaining a time that qualifies for the historic race is certainly challenging as well. Qualifying times for the 2012 Boston Marathon are based on a runner's age and gender and must be achieved on or after Sept. 25, 2010. Visit www.baa.org/races/boston-marathon/participant-information/qualifying.aspx for a complete list of qualifying time requirements. For example, a male runner between the ages of 18 and 34 must run a marathon in a time of 3:10. However, running a time that qualifies does not guarantee entry into the race. Visit www.baa.org.

react well with your body, particularly after you've run for more than two hours. That can be a whole new ball game. For that reason, officials suggest not trying anything new leading up to the marathon and certainly not on race day. In other words, if you've never had it before, don't make spicy pad Thai your night-before-the-marathon meal.

Anderson said she thought runners don't think about the hydration component enough. Dehydration is obviously a major problem, but being too hydrated can be just as bad, since it creates an imbalance of electrolytes and salt. That's where listening to your body is so important, Anderson said, adding runners should be sure to do as much research as they can on training.

Marathons and other long-distance races are hugely popular in the area, with many selling out in a matter of hours. Anderson said if a runner has his heart set on a particular race, he needs to sign up as soon as possible. Nobody wants to undertake a long-term training plan only to find out registration is full.

The experience

"It's pretty amazing," Larson said. "The first one is always the most memorable. It's the challenge, the wind-up to doing it. It's a challenge to see if you can."

With weeks of training in the rear view mirror, the starting line really marks the beginning of what you've worked for.

"I think the most memorable part, first of all, is just standing at the starting line realizing what you're about to do, how much of a challenge it really is," Larson said. "Toward the end, the last eight miles, how hard it is to just keep going. It's a test of perseverance; it's almost more mental than physical."

Anderson runs the Marine Corps Marathon in Washington, D.C., each year.

"I wasn't prepared for the emotional experience," Anderson said of her first time. "It is a huge accomplishment. And a week later, I was still talking about it."

For her, the military piece was inspirational and humbling as well. As she ran, she came upon a group of soldiers in full fatigues and backpacks, with one former comrade in a wheelchair in the middle, running the full race together.

"It was a very moving experience," Anderson said.

After runners get past their training peak in the marathon of 20 or 22 miles, it becomes a mental game and just finding a way to "muscle through," Anderson said. "True grit."

"You put the training in," Anderson said. "That kind of moves you."

Everybody has different goals. Some people are trying to finish in 2:30, while others just want to come in faster than five hours.

"No one is ever last," Anderson said. "The mental piece of it is just so huge."

"Once you've done your first one, that's when you can start playing around with your goals," Anderson said.

Running!

The **Manchester City Marathon and Half Marathon** takes place on Sunday, Nov. 6, and takes runners through a challenging course through the historic mill district. More than 2,000 runners take in views of the city, surrounding areas and fall foliage along the way. Visit cityofmanchestermarathon.com. Call 540-3146.

The Manchester City Marathon and Half Marathon will debut its Sports & Wellness Expo from 10 a.m. to 5 p.m. on Saturday, Nov. 5, at the Radisson Hotel Expo Center. The free event will take place the day prior to the race. The expo serves as a hub for runners to pick up their race packets and features leaders from all aspects of sporting and healthcare industries, according to a press release from the Manchester Marathon Association. The Expo will highlight recent trends in healthcare and nutrition, as well as exhibitions of athletic apparel and fitness equipment. Live demonstrations and musical entertainment will take place throughout the day. Visit cityofmanchestermarathon.com.

- **Monadnock Half Marathon**, Aug. 6, Jaffrey, www.monadnockhalfmarathon.com/home
- **Waterville Valley Black Bear Half Marathon**, Aug. 27, Waterville Valley, www.tritaniumsports.com
- **CHaD Hero Half Marathon**, Aug. 28, Hanover, www.kintera.org/faf/home/default.asp?ievent=465644
- **Pemi Youth Center 5K and Half Marathon**, Sept. 3, Plymouth, www.stridesforyouth.org
- **Taiche Real Estate Wicked Half Marathon**, Sept. 24, Salem, Mass., www.bnsfitness.com/events/2007_9_29.htm
- **34th Annual Clarence DeMar Marathon**, Sept. 25, Gilsum, www.clarencedemar.com
- **Wilmington's 7th Annual Half Marathon & 5K Run/Walk**, Sept. 25, Wilmington, Mass., www.wilmingtonbusiness.com
- **Applefest Half Marathon & Relay**, Oct. 1, Hollis, www.applefesthalfmarathon.com
- **New Hampshire Marathon, Half Marathon, 10K Road Race and Health Walk**, Oct. 1, Bristol, www.nhmarathon.com
- **Maine Marathon, Half Marathon and Relay**, Oct. 2, Portland, Maine, www.mainemarathon.com
- **Smuttynose Rockfest Marathon & Half Marathon**, Oct. 2, Hampton, www.hamptonrockfest.com
- **Hartford Marathon, Half Marathon, Relay & 5K**, Oct. 15, Hartford, Conn., www.hartfordmarathon.com
- **Amica Marathon**, Oct. 16, Newport, R.I., www.amicamarathon.com
- **Baystate Marathon**, Oct. 16, Lowell, Mass., www.baystatemarathon.com
- **Green Mountain Marathon**, Oct. 16, South Hero, Vt., www.gmaa.net
- **Cape Cod Marathon, Half Marathon & Staples Relay**, Oct. 30, Falmouth, Mass., www.capecodmarathon.com
- **White Mountain Milers Half Marathon**, Oct. 30, North Conway, www.whitemountainmilers.com
- **Manchester City Marathon & Half Marathon**, Nov. 6, Manchester, cityofmanchestermarathon.com
- **All Women & One Lucky Guy Half Marathon**, Nov. 6, Newburyport, Mass., www.mainecoasthalf.com
- **Third Annual Chilly Half Marathon**, Nov. 13, Newton, www.fattmanproductions.com/roadraces.html
- **Seacoast Half Marathon**, Nov. 13, Portsmouth, www.seacoasthalfmarathon.com
- **Boston Marathon**, April 16, 2011, Boston, Mass., www.baa.org

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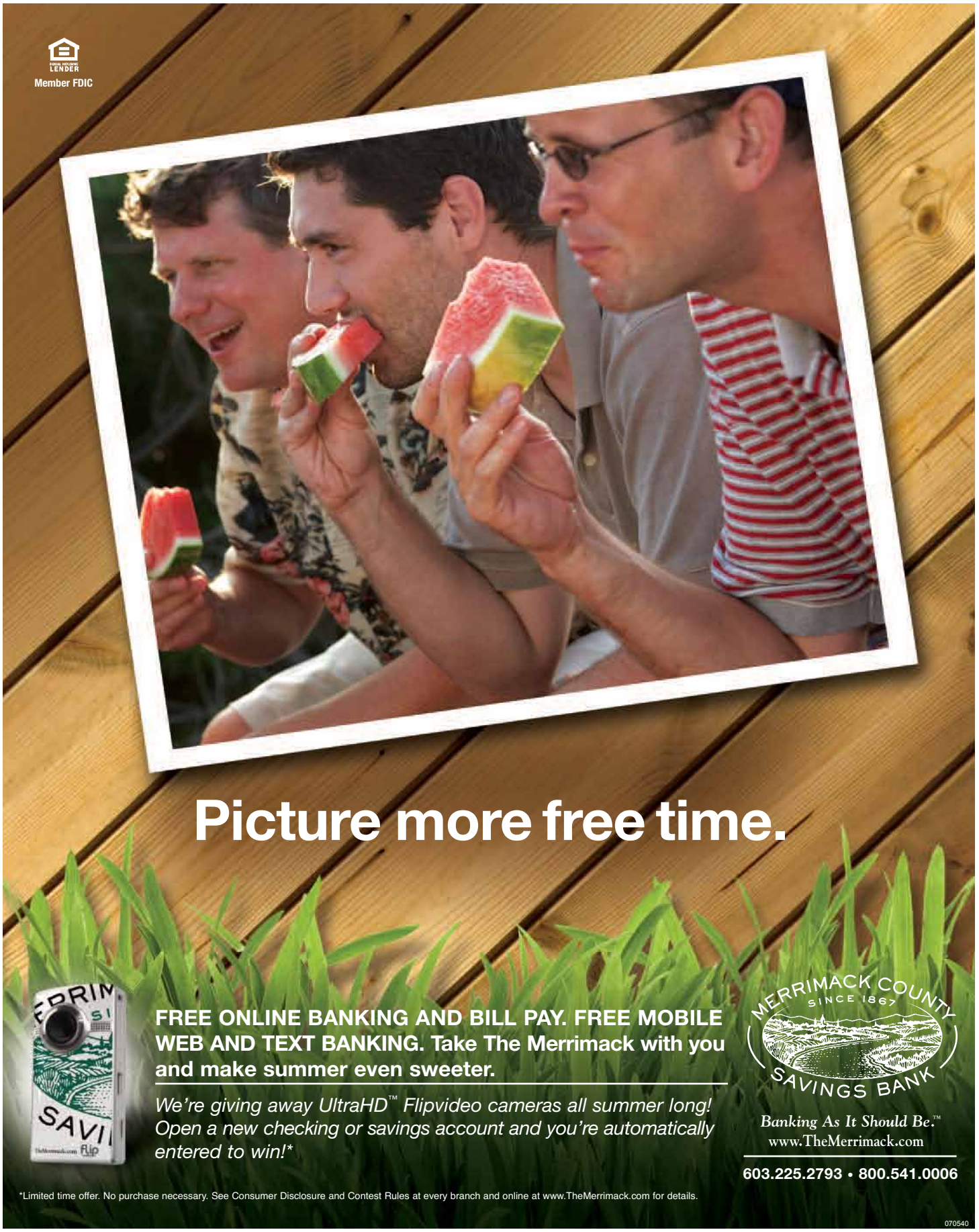
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Runners take off on the Manchester Mile earlier this month. Keith Tharp photo.

Or maybe you'll never do another one, but runners doubted anyone who did a marathon would regret having done it.

Running marathons can put runners in good company too, something that's unlike other major sports. In a competitive setting, most people will never try to strike out David Ortiz or defend against Kevin Garnett's turnaround jump shot, but entering a marathon can put runners on the same pavement as Olympians and world-class runners.

Larson got started down this running road when he and his wife signed up for a four-mile race in Maine in 2007. At the time, Larson had never run four miles before. The most ground he'd covered was three miles. One thing led to another and soon Larson was entering more races, increasing his distance, ultimately getting into a marathon.

Running at the Disney Marathon last year in January, Larson said it was fun to run through the theme parks, though the 20-degree weather was a surprise. While people might have expected a warm race in the winter, it felt like home to Larson. At water stops as people dumped unused water on the ground, it froze, he said.

But the Smuttynose Marathon in Hampton might have been the most memorable for Larson, as that's where he qualified for the Boston Marathon. For his age group, he needed to beat a time of 3:15.

Larson said sometimes you don't really remember the last eight miles of a race.

"It becomes a matter of forcing yourself to put one foot in front of the other," Larson said, adding that in some of them, like the Disney or Smuttynose, he felt great the whole time.

He'll often think of his kids as he approaches the finish line. That's a good motivator. Food is a pretty strong motivator to get people across the finish line as well. At a marathon in Burlington, Vt., there was Ben & Jerry's Ice Cream waiting for Larson at the finish as a reward. Chili awaits runners at the end of the Manchester Marathon.

Most people approach their first marathon without a time goal in mind, maybe something arbitrary or vague, but few people run their first marathon looking to qualify for Boston, officials say. It's a simpler goal: just get across the finish line.

"I just want to cross the finish line in one piece," Galatas said.

Don't think, just do it

"If you have something you want to do, you can't think about it; the more you think about it, the more you'll put it off," Galatas said. "You just have to do it."

That's what got her to sign up for a marathon.

Larson said he had been running off and on throughout his whole life. But he didn't run with any regularity until 2007. He started essentially because he was out shape with two kids and a new job at Saint Anselm.

"The new job plus my kids kind of destroyed my health," Larson said. "I needed a change is basically what it came down to."

A number of students at Saint Anselm run the Boston Marathon each year, and several of them were in Larson's classes.

"That sort of sparked my interest," Larson said. "If they can do it, why can't I? I made it a personal challenge and I got through the first one. It's kind of about testing yourself."

With obesity and inactivity such big problems in this country, running is accessible to everyone.

"One of the best things you can do is to get active," Larson said. "It's as simple as going for a long walk and slowly adding a few jogs, and maybe you'll find you have a love of running," Larson said.

Larson looks to himself. He was out of shape and stuck in the cycle of inactivity. Now he's done eight marathons and an ultra-marathon.

"It really changed my life," Larson said.

Resources

New England Runner (nerunner.com) provides event listings, race results, news and resources.

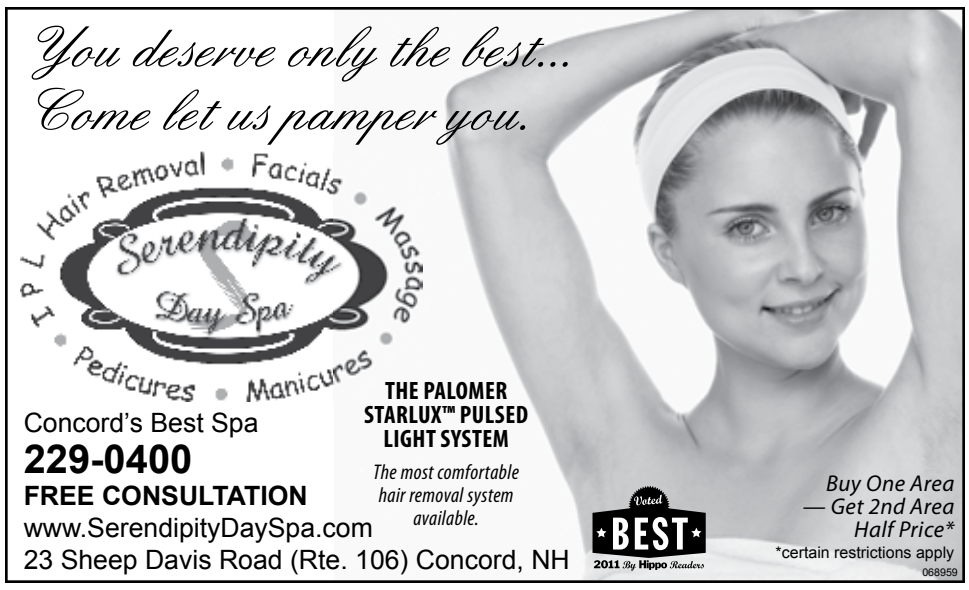
Cool Running (www.coolrunning.com) provides training information, race listings, news and resources.

Hal Higdon's website (www.halhigdon.com) provides a breadth of training plans, including marathon, ultra-marathon, 5K, winter training, as well as beginner plans.

Jeff Galloway's website (www.jeffgalloway.com) offers training plans, information on training groups, resources, nutritional information and news.

The website **www.mapmyrun.com** lets runners create a route in advance online and provides training logs, nutritional plans and resources.









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THIS WEEK

EVENTS TO CHECK OUT JULY 28 - AUG. 3, 2011, AND BEYOND



Saturday, July 30

Bedford High School, 47 Nashua Road, Bedford, hosts an antique and classic car show and rally from 10 a.m. to 2 p.m., with a pre-show rally starting at 9 a.m. The Bedford Historical Society is hosting this event, which features music, prizes and raffles. There will also be food provided by the Bedford Men's Club. Car registration is free. General admission costs $5 per person or $10 per car of people. For information, go to www.BedfordHistoricalNH.org, call 471-6336 or e-mail carshow@BedfordHistoricalNH.org.



Friday, July 29

Though it's a bit of a drive, celebrate the natural beauty that draws fans from all over the state at the Weeks Act Centennial Festival from 9 a.m. to 3 p.m. at the base of the Mount Washington Auto Road. The Weeks Act, 100 years ago, helped create White Mountain National Forest. At the Festival there will be a marketplace and a stage of music, comedy and storytelling, plus hands-on activities including forestry demonstrations. Admission is free. See www.weekslegacy.org.



Saturday, July 30

See "Beyond Images," a traveling exhibit from Quebec, at the McAuliffe-Shepard Discovery Center, 2 Institute Drive, Concord, www.starhop.com. Enjoy a 30-minute guided tour at 11 a.m., 1 p.m. or 3 p.m. Become a spy during a 15-minute demonstration at noon, 2 or 4 p.m. and see how binary numbers code messages. The Center is open daily 10 a.m. to 5 p.m. and Fridays 6:30 to 9 p.m. Summertime admission is $9 ($6 for ages 3-12, $8 for seniors and students).



Sunday, July 31

Hari Kirin, author of *Art & Yoga: Kundalini Awakening in Everyday Life*, presents a program on art and yoga as complementary practices at Sharon Arts Center School of Art & Craft, 457 NH Route 123, Sharon, www.sharonarts.org, from 1:30 to 4 p.m. Simple breathing, movement and meditation will be demonstrated. See www.artandyoga.com. There is a $25 fee for the workshop. To register, call 924-7256 or e-mail register@sharonarts.org.



Sunday, July 31

Shakespeare in Prescott Park is presenting three performances of *A Midsummer Night's Dream* for its inaugural season. One show is today at 2 p.m. This comedy of mischief will be staged outdoors against the backdrop of the Piscataqua River in Portsmouth. The cast includes local favorites, with original music by Jonny Peiffer. A $5 to $8 donation at the gate is suggested. Call 436-2848 or visit www.prescottpark.org.

Free: Mid-day music

Rob Oxford appears at the final Summer Lunchtime Concert of the season on Thursday, July 28, on the Oval in downtown Milford. Rob plays a family-friendly mix of folk, Americana and country that will make your toes tap. In case of inclement weather, the concert will take place inside the Milford Town Hall Auditorium. Bring a picnic or purchase a light lunch on site for $5. Call 672-4567 or visit the Milford Downtown Ongoing Improvement Team Facebook page for information.

Cheap: Modern architecture

Enjoy a Twilight Tour of the Frank Lloyd Wright-designed Zimmerman House in Manchester on Thursday, Aug. 4, at 5 or 6:30 p.m., hosted by the Currier Museum of Art. Isadore and Lucille Zimmerman often hosted musical evenings at their home; Twilight Tours allow visitors a chance to enjoy the house in the same way. Experience the exceptional acoustics of the home with a live performance in the Garden Room as the sun begins to set. As part of the evening's festivities, tours include museum admission and a beverage of choice from the Currier's Winter Garden Café. Cost is $30. Reservations are required. To reserve your seat call 669-6144 ext. 108 or visit www.currier.org. The museum's entrance is located at 150 Ash St. in Manchester and free parking is available in the on-site lot.

Splurge: Old-fashioned knowledge

Wendy Snow Fogg presents "Knowing Our Native Plants & Their Medicines" on Sunday, Aug. 7, from 10 a.m. to 1 p.m. at Misty Meadows Farm and Herbal Center, 183 Wednesday Hill Road, Lee. Attendees will gather wild plants and learn how to introduce wild plants into home gardens for easier access and future propagation. Bring an old telephone book, a pen or marker, scissors or pruning shears, water bottle, snacks, and a basket to carry it all. Cost is $35 and is pre-registration required.

E-mail nhhn@nofanh.org or call 224-5022. Visit www.nofanh.org/herbs.

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Shifting Terrain: Landscape Video

JULY 2 - SEPTEMBER 18, 2011



SPOTLIGHT NEW ENGLAND ARTISTS SERIES

Louisa Conrad • Julia Hechtman
Liz Nofziger • Daniel Phillips
Jeannie Simms • Mary Ellen Strom
Suara Welitoff

This exhibition features moving image artworks, including digital projections and site-specific installations, all focused on the theme of landscape.

HOURS ***Always free for children 17 and under***

SUN	MON	TUE	WED	THU*	FRI	SAT**
11 am 5 pm	11 am 5 pm	CLOSED	11 am 5 pm	11 am 5 pm	11 am 5 pm	10 am 5 pm

* First Thursday of each month 11 am – 8 pm
** Free admission Saturday 10 am – 12 pm

This exhibition is supported by the HBB Foundation. Corporate sponsorship provided by MFI Productions.

IMAGE: *Dead Standing and Selva Oscura: Drawing of Dead Standing* [video still], Mary Ellen Strom, 2011, two-channel video installation, 11:10 minute cycle. Courtesy of the Artist and Alexander Gray Associates, New York City.

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071093

Orchestral maneuvers

Bob Lord puts contemporary composers in the light

By Adam Coughlin
acoughlin@hippopress.com

Bob Lord, CEO of PARMA Recordings, calls at 11 a.m. on the dot. He returned from Prague last week and the cobwebs of jet lag have finally cleared. In Prague he was recording a new record but in many ways he was saving orchestral music.

Some areas of the music business are unsustainable as currently constructed. One such area is orchestral music, which has an outdated business model that relies on donations and public funds, according to Lord. As these donations and public funds dry up, orchestral music suffers. When concerts are held, orchestras often have to play the old masters like Beethoven and Brahms, which is great except they are chosen at the expense of the composers making great music today.

The mission of PARMA Recordings, based in its new office in North Hampton, www.parmarecordings.com, is to make sure contemporary composers get a chance. This mission has led Lord around the world.

Over the last three years, the company has grown from a handful of employees to now 20. It has four labels, three of which (Navona, Ravello and Big Round, which was previously the recording label of former Congressman Paul Hodes), are releasing albums in classical, rock, jazz, blues and more. Big Round Records will be releasing an album called *I Told You So* by John Hall, founder of the rock band Orleans and a former New York Congressman.

Lord said the company is approached every day by composers and artists who are looking to collaborate on a project. He said he gets to listen to their music and pick ones he feels passionate about. PARMA also has a stable of artists with whom it has a long-term relationship and often puts out albums. And of course Lord and his staff keep up to date with what is happening in the music world.

Often this takes him to Europe, which has a rich tradition of classical music.

"I think the Czech Republic is the most musical place I've ever been," Lord said.

Likewise, Russia has some of the most talented string players in the world.

Lord likes to match a composer with an ensemble that can perform his or her work. He said the company has a variety of pianists in case the new piece needs a soloist.

Lord worked with so many great musicians abroad that eventually he wanted to work with those closer to home. So his group recently started the PARMA Orchestra, which had its first recording session last month and will hold its first public performance next year.

"New Hampshire has a rich arts environment," Lord said. "But there are limited opportunities north of Boston for new music and living composers." The orchestra is conducted by John Page, a well-known musician from Exeter.

Besides providing an orchestra to perform more modern pieces, Lord is looking for additional revenue sources. One of these is licensing. Since Lord has previously done a lot of work in independent film and he created the theme song for New Hampshire Public Radio's *The Exchange*, he has taken PARMA's extensive catalog and placed it in film and television.



Bob Lord (right) discusses composer Sergio Cervetti's music with Ken Rinkler. Courtesy photo.

"These are serious concert works," Lord said. "But I've found a place for them on PBS, the Discovery Channel and A&E."

Would Lord ever take a serious piece of music and attach it to some of the less-than-serious television shows out there? Yes. Lord said he has put several pieces on *I Used to Be Fat* on MTV.

"When you write a piece of music, the internal emotion you're feeling may not have anything to do with how people hear it," Lord said. "I let people make up their own minds, and that is what separates us from the bulk of our competitors."

This ability to evolve is critical for orchestral music. Lord said the exposure on television may lead people to love a piece they might otherwise never have heard.

"The last thing people want is for this serious music to become a museum piece," Lord said.

20 Classical
Includes symphony and orchestral performances. To get listed, e-mail arts@hippopress.com.

21 Art
Includes listings for gallery events, ongoing exhibits and classes. To get listed, e-mail arts@hippopress.com.

22 Theater
Includes listings, shows, auditions, workshops and more. To get listed, e-mail arts@hippopress.com.

CLASSICAL LISTINGS

• **SONGS OF THE CROONERS** Pianist Robert Dionne will perform on Sat., July 30, at 7:30 p.m. at the Majestic Theatre, 281 Cartier St., Manchester. Tickets cost $10 in advance and $12 at door. Visit www.majestictheatre.net or call 669-7469.

• **SHIZUE SANO** Pianist will perform on Sun., July 31, at 3 p.m. at the Deering Community Church, 736 Deering Center Road (Route 149), Deering. Admission is free and open to the public. Call 464-2592.

• **NEVERS' 2nd REGIMENT BAND** will perform on Tues., Aug. 2, at 7 p.m. at Rollins Park in Concord. The concert is free. Visit www.neversband.org.

• **AN AMERICAN MASTER: GEORGE GERSHWIN** George Lopez will perform on Wed., Aug. 3, at 2 p.m. at the Bethany Covenant Church, One Covenant Way, Bedford. The performance is free. Call 472-5545.

• **BOSTON OPERA HOUSE SAXOPHONE QUARTET** will perform on Wed., Aug. 3, at noon at the Nashua Public Library, 2 Court St., Nashua. The concert is free and open to the public. Call 589-4610 or visit www.nashualibrary.org.

• **NEVERS' 2nd REGIMENT BAND** will perform on Wed., Aug. 3, at 7 p.m. at the Town Recreation Field in Loudon. The concert is free. Visit www.neversband.org.

• **JOSE LEZCANO** Latin guitarist will perform on Thurs., Aug. 4, 5:30-7:30 p.m. at the Winter Garden Cafe in the Currier Museum of Art, 150 Ash St., Manchester. Admission costs $10. Visit www.currier.org or call 669-6144 ext. 108.

• **RUMBAFRICA** will perform on Thurs., Aug. 4, at 7 p.m. outside the Nashua Public Library, 2 Court St., Nashua. The concert is free and open to the public. Visit www.nashualibrary.org or call 589-4610.

ART LISTINGS

Art events

• **FIRST THURSDAYS** The Currier Museum of Art is open late from 5:30 to 7:30 p.m. first Thursday of each month with special programs including live music, lectures and film, at 150 Ash St., Manchester. Call 669-6144 ext. 108 or see www.currier.org for tickets.

• **OPEN DOORS MANCHESTER** will be held Thurs., Aug. 4, 5-8 p.m. Visit www.majestictheatre.net or call 669-7469.

• **LEAGUE OF NH CRAFTSMEN'S FAIR** will be held Sat., Aug. 6 through Sun., Aug. 14, 10 a.m.-5 p.m. (rain or shine) at the Mount Sunapee Resort in Newbury. Tickets cost $10 ($8 for students, seniors and active military). Visit www.nhcrafts.org.

• **UNCOMMON ART ON THE COMMON** will be held Sat., Aug. 6, 10 a.m.-4 p.m. in downtown Goffstown. Visit goffstownmainstreet.org.

Gallery openings and events

• **ABROAD:** The Photography of Devin Swett and Amy Marie Regan will be on display July 29 through Aug. 18 at Wyatt Art Studios, 87 North Main St., Rochester. There will be an opening reception on Fri., July 29, 6-9 p.m. Visit www.wyattartstudios.com.

• **SUMMER 2011 AT 100 MARKET** Multi-artist exhibit through Oct. 14 at The Gallery at 110 Market, 100 Market St., Portsmouth. There will be an opening reception on Fri., July 29, 5-7 p.m. Call 436-2818.

• **LYNN ADAMS** Jeweler's work will be on display on Sat., July 30, 11 a.m.-2 p.m. at the League of NH Craftsmen Meredith Retail Gallery, 279 DW Highway, Meredith. The demonstration is free and open to the public. Call 279-7920 or e-mail nhcraft@metrocast.net.

• **SUMMER ART EXHIBITION** will be held July 30 through Oct. 10 at the Wentworth-Coolidge Mansion, 375 Little Harbor Road, Portsmouth. Galleryhours are Wednesday-Sunday, 10 a.m.-4 p.m. Visit www.wentworth-coolidge.org.

• **MIXED MEDIA** Multi-artist exhibit will be held Aug. 1 through Sept. 30 at Great Bay Community College, 320 Corporate Dr., Pease International Tradeport, Portsmouth. E-mail acohen@ccsnh.edu or call 427-7665.

• **SAM JOHNSON** Work will be on display Aug. 2 through Aug. 30 at the Steez Gallery, 85 W. Pearl St., Nashua. There will be an opening reception on Fri., Aug. 5, 6-9 p.m. Visit www.thesteezgallery.com or call 718-8394.

• **CAPTURED IN FABRIC** Work of Nancy Morgan will be on display Aug. 3 through Aug. 26 at the Robert Lincoln Levy Gallery, 136 State St., Portsmouth. Gallery hours are Wednesday-Saturday, 10 a.m.-5 p.m. and Sunday, noon-4 p.m. There will be an artist reception on Fri., Aug. 5, 5-8 p.m. There will also be a gallery talk on Thurs., Aug. 11, 6:30-8 p.m. The event is free and open to the public. Call 431-4230.

• **LIFE AND STILL LIFE** Multi-artist exhibit on display Aug. 1 through Oct. 21 at Art 3 Gallery, 44 West Brook St., Manchester. There will be an opening reception on Thurs., Aug. 4, 5-8 p.m. Call 668-6650 or visit www.art3gallery.com.

• **RAINING CATS AND DOGS** Multi-artist exhibit on display Aug. 4 through Sept. 9 at the Framers Market, 1301 Elm St., Manchester. There will be an opening reception on Thurs., Aug. 4, 5-8 p.m. in conjunction with Open Doors Manchester. Gallery hours are Tuesday-Friday, 9:30 a.m.-6 p.m. and Saturday, 9:30 a.m.-4 p.m. Visit www.framersmarketnh.com.

In the galleries

• **6th ANNUAL CITY EMPLOYEE & FAMILY ART SHOW** will be held through Aug. 30 at the "Art on the Wall at City Hall" Gallery, City Hall, Elm St., Manchester. Hours are Monday-Friday, 8 a.m.-5 p.m. and Tuesday until 8 p.m. Call 624-6500.

• **14th ANNUAL OUTDOOR SCULPTURE EXHIBIT** will be held through Oct. 16 at the Mill Brook Gallery & Sculpture Garden, 236 Hopkinton Road, Concord. Call 226-2046 or visit www.themillbrook-gallery.com.

• **2011 SENIOR B.A. & B.F.A. EXHIBITION & 2011 M.F.A. THESIS EXHIBITION** will be on exhibit at the Museum of Art at UNH-Durham. Call 862-3712 or visit www.unh.edu/moa.

• **A COMMON PEACE:** New Hampshire Potters Guild Biennial Exhibition will run through Aug. 27 at the Sharon Arts Center, 30 Grove St., Peterborough. Call 924-7676 or visit www.sharonarts.org.

• **A TOUCH OF COLOR ART SHOW** will be held through July 31 at the Exeter Town Hall Gallery, 10 Front St., Exeter. Tickets cost $20.

• **BILL WHITMAN** Photographs will be on display through Aug. 26 in the Carolyn Jenkins Gallery at the Kimball Jenkins Estate, 266 North Main St., Concord. Call 225-3932 or visit www.kimballjenkins.com.

• **CHARLES GRAY** Featured July artist at Sharon Arts Downtown Galleries, 30 Grove St., Peterborough. Call 924-7676 or visit sharonarts.org.

• **CHILDREN'S BOOK ILLUSTRATORS' ART EXHIBIT** will be held through Sept. 4 at the Mill Brook Gallery & Sculpture Garden, 236 Hopkinton Road, Concord. Gallery hours are Tuesday-Sunday, 11 a.m.-5 p.m. There will be special events on Wednesdays, Aug. 10, Aug. 17, and Aug. 24. Call226-2046 or visit www.themillbrookgallery.com.

• **FLOWERS INTERPRETED** Women's Caucus for Art/NH Chapter exhibit will be held through July 30 at the Bedford Public Library, 3 Meetinghouse Road, Bedford. Visit www.wcanh.org.

• **FRANK CURATOLO & RICHARD PRATT** Works will be on display through Aug. 26 in the Jill C. Wilson Gallery at the Kimball Jenkins Estate, 266 North Main St., Concord. Call 225-3932 or visit www.kimballjenkins.com.

• **FRANK M. INGALLS** New permanent photography exhibit at the Florence Speare Museum, 5 Abbott St., Nashua. Call 883-0015.

• **FOUR AND FOUR** An exhibit of art and music through July 31 at the Steez Gallery, 85 W. Pearl St., Nashua. Visit www.thesteezgallery.com or call 718-8394.

• **FUSION OF COLOR, FORM AND LIGHT** Work of Lauren

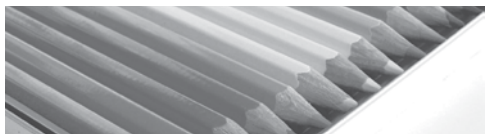
On stage



Nashua is full of sax

The Boston Opera House Saxophone Quartet will perform on Wednesday, Aug. 3, at noon at the Nashua Public Library, 2 Court St., Nashua. As the performance is part of the Bach's Lunch Concert Series, it is free and open to the public. The members of the group can perform 14 different woodwind instruments, but at the library concert the saxophone will be the instrument of choice. Performing will be Bob Bowlby, who will play soprano and alto; Mark Zalenski, alto; Rodrick Ferland, tenor; and Gregory Newton, baritone. Call 589-4610 or visit www.nashualibrary.org.

Gregory Newton. Courtesy photo.



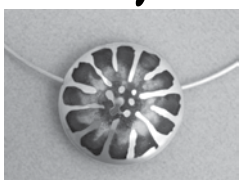
Local Color

• **Manchester opens its doors:** Once again art aficionados will be able to take to the streets (and trolleys) of downtown Manchester and visit the city's many art galleries. Open Doors Manchester will be held on Thursday, Aug. 4, from 5 to 8 p.m. and as always it is free and open to the public. This time it will feature eight different venues, many of which are opening shows. Art 3 Gallery, 44 West Brook St., will be showing the summer/fall show "Life and Still Life," which features the work of 85 artists. Sharon Price and Meg Tatro and their show "Comfort Zone" are featured at East Colony Fine Art, 55 South Commercial St., while the Manchester Artists Association Gallery, 1528 Elm St., will have a patriotism-themed show, "American Roads... Art." Framers Market, 1301 Elm St., will feature a multi-artist exhibit called "Raining Cats and Dogs" and will be partnering with the Animal Rescue League of New Hampshire. A bonus: well-behaved pets are also invited. Art on the Wall at City Hall Gallery, One City Hall Plaza, will show off the work of current and former city employees. The Millyard Museum and SEE Science Center, both at 200 Bedford St., and the New Hampshire Institute of Art, 148 Concord St., will also have exhibits. Call 669-7469 or visit www.opendorsmanchester.com.

• **NHPR adds arts:** New Hampshire Public Radio has expanded its cultural and arts programming. A new program, *Q*, a Canadian arts, culture and entertainment magazine that has guests ranging from Jay-Z to Salman Rushdie, will air weekdays at 10 p.m. *Word of Mouth*, which airs live at noon Mondays through Thursdays, will be rebroadcast on those days at 9 p.m. On Fridays, *Snap Judgment*, which has been described as "Storytelling... with a beat," will air at 9 p.m. *Sound Opinions*, a show from WBEZ Chicago about pop culture and music, will air at 3 p.m. on Saturdays starting July 30. For a complete list of new shows and times, visit www.nhpr.org.

• **Top students come to Chester College:** As part of the Academic-Creative-Expert (ACE) program, top high school students from all across the U.S., including California, Florida, Maryland and New York, will spend several weeks at Chester College of New England, 40 Chester St., Chester, www.chestercollege.edu. These students, who were admitted into the program based on their grade point averages, teacher nominations and portfolios, will stay in the dorms and attend figure drawing programs. The program will be led by professor Gregory Poulin and will focus on classical figure drawings, both clothed and unclothed. Call 887-7400 for information. *—Adam Coughlin*

In a gallery near you



Demonstration in Lakes Region

On your way to the lake, stop by and check out a jewelry demonstration by Lynn Adams at the League of New Hampshire Craftsmen's Meredith Retail Gallery, 279 DW Highway, Meredith, on Saturday, July 30, between 11 a.m. and 2 p.m. Adams will demonstrate a variety of enameling techniques. Enamel is a high-quality glass with pigments such as oxides to make the colors, which are like the pigments used in oil and watercolor paints. For jewelry, the enamel is laid on silver in a thin layer and then fired in a kiln at 1,600 degrees Fahrenheit. The demonstration is free and open to the public. Call 279-7920 or e-mail nhcraft@metrocast.net. Work of Lynn Adams. Courtesy photo.

Chuslo-Shur will be on display in July at the Seacoast Artist Association Gallery, 225 Water St., Exeter. Gallery hours are Tuesday-Saturday, 10 a.m.-5 p.m. Call 778-8856 or visit www.seacoastartist.org.

• **GATEWAY GALLERY** Multi-artist exhibit on display through July 29 at Great Bay Community College, 20 Corporate Dr., Portsmouth. Call 427-7641 or visit www.greatbay.edu.

• **GODFREY (JEFF) SLUDER** Work will be on display at the Forest Society's Conservation Center, 54 Portsmouth St., Concord. Gallery hours are Monday through Friday, 9 a.m.-5 p.m. Call 224-9945.

• **ICONS OF HISTORY:** Objects that Define New Hampshire. Objects will be on display thru Dec. 31 at the New Hampshire Historical Society's museum, 6 Eagle Square, Concord. Visit nhhistory.org or call 228-6688.

• **JASON REIMERS** Work will be displayed through Sept. 30 at the New Hampshire Antique Co-op, 323 Elm St., Route 101A, Milford. Hours are 10 a.m.-5 p.m. Call 673-8499.

• **LET IT BE SPRING** Multi-artist exhibit on display at the Seacoast Artist Association Gallery, 225 Water St., Exeter. Gallery hours are Tuesday-Saturday, 10 a.m.-5 p.m. Call 778-8856 or visit www.seacoastartist.org.

• **LISA MUNGOVAN** Photographs will be on display through August at the Nashua Public Library, 2 Court St., Nashua. Library hours are Monday-Thursday, 9 a.m.-9 p.m. and Friday-Saturday, 9 a.m.-5:30 p.m. It is free and open to the public. Visit www.nashualibrary.org.

• **MARK AND KATHLEEN FRANK** Will be the July artists of the month at Exeter Fine Crafts, 61 Water St., Exeter. Hours are Monday-Saturday, 10 a.m.-5:30 p.m. and Sunday, noon-4 p.m. Call 778-8282.

• **MERRIMACK RIVER PAINTERS** work will be displayed through Sept. 6 at the UNH School of Law, 2 White St., Concord. Visit www.merrimackriverpainters.com.

• **OUR STORIES IN PICTURES AND WORDS:** Imigration Now and Then on display through Aug 5 at UNH-Manchester, 2nd floor, 400 Commercial St., Manchester. Hours are Monday-Thursday, 8 a.m.-4 p.m. Call 862-3691.

• **OUT OF THE SOUTH** Multi-artist exhibit through Sept. 3 at artstream, 56 Main St., Rochester. Call 330-0333 or visit artstreamstudios.com.

• **PASTELS** by Nashua artist Pauline Dailey will be on display in the Image Gallery at the Nashua Public Library, 2 Court St., Nashua, free and open to the public. Call 589-4610.

• **PATTERNS AND TEXTURES** Work of photographer Larry Chase will be on display through Aug. 31 at the Society for the Protection of New Hampshire Forests Conservation Center, 54 Portsmouth St., Concord. Hours are Monday-Friday, 9 a.m.-5 p.m. in the conference room. Call 224-9945 before visiting to make sure room is not in use. Visit forestsociety.org.

• **RECLAIMING THE CURRENT** Work of Robin Luciano Beaty will be on display through Aug. 1 at Three Graces, 105 Market St., Portsmouth. Call 436-1988.

• **RON PLANTE** Work will be on dispaly at the Nackey S. Loeb School of Communications, 749 East Industrial Park Dr., Manchester. Hours are Monday-Wednesday, 8:30 a.m.-2:30 p.m. Call 627-0005.

• **SEACOAST SUMMER SPLASH** Multi-artist exhibit will be held through July 29 at the Seacoast Artist Association, 225 Water St., Exeter. Gallery hours are Tuesday-Saturday, 10 a.m.-5 p.m. Call 778-8856 or visit www.seacoastartist.org.

• **SENSATIONS OF CHANGE** Work of members of the Hollis Arts Society will be on display through September at Gallery West Pearl, 100 West Pearl St., Nashua. Gallery hours are Monday-Friday, 8 a.m.-4 p.m., unless a meeting is going on. Call Pat Hurd at 882-1503 or e-mail phurd1503@aol.com.

• **SHIFTING TERRAIN:** Landscape Video on display through Sept. 18 at the Currier Museum of Art, 150 Ash St., Manchester. Visit www.currier.org or call 669-6144.

• **STREET A.K.A. MUSEUM** Work of international street artists will be on display through Sept. 11 at the Portsmouth Museum of Art, 1

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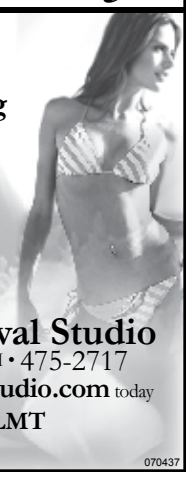
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This camp teaches it all

Three weeks of pro instruction benefit young actors

By Adam Coughlin
acoughlin@hippopress.com


Lauren Kadel works with Abby Cavers, Timur Langford, and Sophia Coakley at Triple Threat performing arts camp. Courtesy photo.

Triple Threat Theater Camp in Londonderry teaches aspiring entertainers how to be well-rounded performers who can excel not only in acting but also dance and voice. During the three-week summer camp, these kids are learning from some of the best professionals in New York City. It is all part of a local woman's plan to give back.

Kate Mullen grew up dancing at the Londonderry Dance Academy, where her mother is now the director. She took what she learned and applied it at the American Academy of Dramatic Arts in New York City. Once she arrived in the Big Apple, Mullen knew she might never leave. She embarked on an acting career that led her to numerous commercials, independent films and off-Broadway plays. Despite her success, she couldn't shake her love for New Hampshire and she wanted to give back to those who helped her along the way.

She started giving theater classes at her alma mater, and then she realized she wanted to do something bigger. Mullen looked around the New Hampshire theater scene and found there were a lot of truly wonderful programs for kids at the Palace Theatre, the Peacock Players, Kids Coop Theatre, and other places. But she found that all of this great training was done by New Hampshire residents or college students. She wanted to provide a venue where kids could learn from big-city professionals.

Mullen reached out to her connections as an actor in New York and in the broader New England area. During the first year of recruiting professionals, three years ago, Mullen was able to get an actor who was a decorated Broadway veteran with credits including *Cats* and *42nd Street*. She said the students were originally in awe but the teacher, and all those who have come since, was so personable that an environment of camaraderie developed quickly. Mullen said when one of the guest teachers left this summer, the campers wrote him personal letters.

"There is a real openness at the camp," Mullen said. "The teachers create a comfortable atmosphere and the kids take advantage by asking all sort of questions."

This year's faculty includes Lauren Kadel, who is coming off the National Tour of *The Wizard of Oz*; Andrew Chartier, who has traveled the country performing in *Oliver!*, *Beauty and the Beast*, and *42nd Street*; Melissa Blasek, a New Hampshire native and graduate of the Berklee College of Music; Michael LaMassa, who did the national tour of *Bye Bye Birdie*, and Jillian Thiele, a member of the local improv troupe Stranger Than Fiction.

Triple Threat Theater Camp has a continuous faculty that is there from the beginning of the summer camp to the end, but Mullen said they often have a guest who comes in for five days and teaches a specific routine to something he or she is familiar with. For example, because Kadel has spent so much time with *The Wizard of Oz*, she was able to teach the kids Munchkin choreography from the show. Chartier taught the students the opening scene of *Beauty and the Beast*. All these different lessons will culminate in a huge Broadway revue show that will be held on Thursday, July 28, at 7:30 p.m. in Londonderry.

The performance epitomizes Mullen's teaching strategy. She said a lot of programs put too much focus on the show and as a result neglect teaching musical theater. Also, many programs focus on only one skill.

"I wanted to have one program where kids could learn it all and not have to go all over the place," Mullen said.

At the Triple Threat Theater Program students are exposed to original choreography, techniques for giving the best auditions, commercial acting classes, music theory and plenty more.

Campers can be 6 to 17 years old and, as is reflective of theater programs across the state, there tend to be more girls than boys.

Mullen, who has lived in New York now for 12 years, said she only sees the camp continuing to grow. In her own life, Mullen will be studying for a master's degree in clinical social work at NYU this fall. She said her interest in the therapeutic benefits of creative arts therapy has helped her become a better teacher to the campers.

"I have high dreams for the camp," Mullen said.

Triple Threat Camp Performance
When: Thursday, July 28, at 7:30 p.m.
Where: 21 Buttrick Road, Londonderry
Tickets: Admission is free, but donations are accepted
More info: Visit www.londonderrydance.com or e-mail info@londonderrydance.com

Harbour Place, Portsmouth. Admission is free. Outdoor tours cost $5. Gallery hours are Wednesday-Sunday, 11 a.m.-5 p.m., Friday until 8 p.m. Call 436-0332.

• **THE BEST OF THE BEST** works in all media by members of the NH Art Association on display at the association's Robert Lincoln Levy Gallery in Portsmouth through Thurs., Aug. 26.

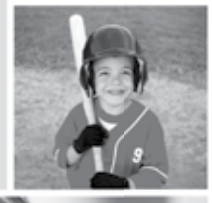
• **THE COLORS OF LIFE** Work of Jeanne LaChance and Cheryl Vratsenes will be on display through July 28 at East Colony Fine Art, 55 S. Commercial St., Manchester. Gallery hours are Tuesday-Frinday, 11 a.m.-5 p.m. and Saturday, 10 a.m.-5 p.m. Call 621-7400 or visit eastcolony.com.

• **TRANSFORMATION** Photographic work of David MacEachran and Alicia Bergeron on display at Silver Light Gallery, 28 Main St., Suite 2, Goffstown. Visit www.silverhillsstudio.com or call 497-4674.

• **TRIO** Work of John LaPrade, Marisa DiIorio Peters and Wendy Prellwitz will be on display through July 29 at McGowan Fine Art, 10 Hills Ave., Concord. Gallery hours are Tuesday-Friday, 10 a.m.-6 p.m. and Saturday, 10 a.m.-2 p.m. Call 225-2515 or visit www.mcgowanfineart.com.

Continued on page 24

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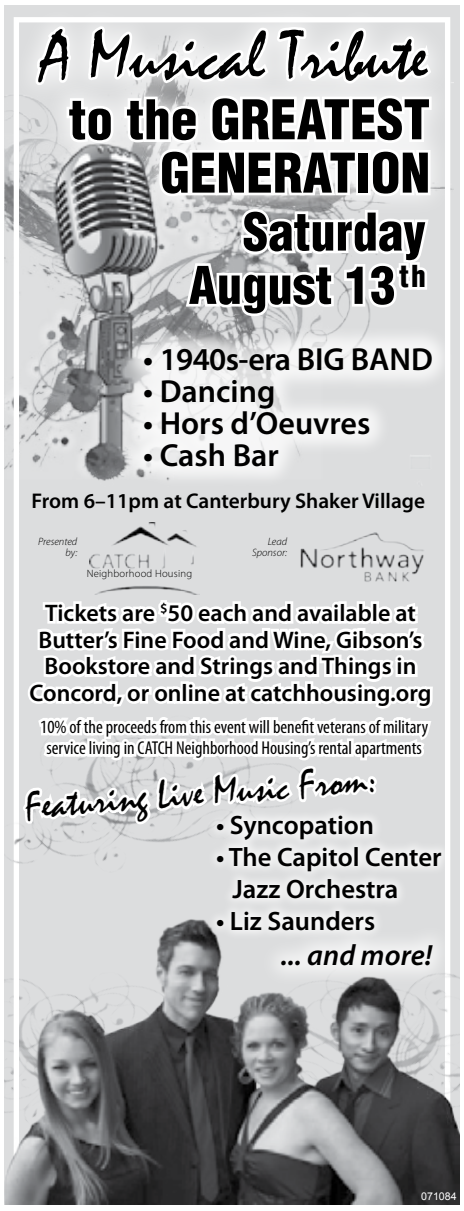
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George Lopez. Courtesy photo.

• **StageCoach in a barn:** "No one around here does melodramas," said Judy Hayward of StageCoach Productions. "They're silly and over the top. But they are a lot of fun." StageCoach Productions, stagecoachproductions.org, is known for intense dramas. But for a summer fundraiser the company has turned to something lighter. StageCoach will perform *The Masked Canary*, a melodrama, on Friday, July 29, and Saturday, July 30, at the Lawrence Barn on Depot Road in Hollis. The shows start at 8 p.m. Hayward said the Lawrence Barn was the perfect location to host a silly melodrama, a dramatic work with exaggerated plots and characters that appeal to emotion. The show encourages participation, as the crowd can boo and hiss at the stage. "Hopefully, no one will throw their popcorn," Hayward said. *The Masked Canary*, according to Hayward, is one of the best of the melodramas. It tells the tale of Amanda Goodsort, who comes to Tombstone, Ariz., to find work so she can support her daughter. She begins performing at the Birdcage Theatre (the show is also a musical) but wears a mask to protect her identity, thereby earning the nickname "The Masked Canary." Unfortunately, Judge Mortimer Harshly and his partner, Peachy Jamm, discover Goodsort's identity and blackmail her. The show is in two acts, but Hayward said it isn't too long. As the Lawrence Barn isn't air-conditioned, Hayward hoped everyone would be out of there before they became uncomfortable. Tickets cost $12 in advance, $15 at the door. Call 320-3780.

• **Lopez to perform in Bedford:** Pianist George Lopez, who recently returned from a tour of the West Coast, where he performed in San Francisco and Seattle, will now tickle the ivories in Bedford. "An American Master: George Gershwin" will be held on Wednesday, Aug. 3, at 2 p.m. at the Bethany Covenant Church, One Covenant Way, Bedford. Lopez will discuss Gershwin's life and perform a variety of songs, including "Rhapsody in Blue" and "I Got Rhythm." Lopez has an impressive résumé himself. Currently he is the artist-in-residence at Bowdoin College in Maine and he still maintains an active studio at Phillips Exeter Academy. The event is free. Although no reservations are required, seating is first come, first served. Call 472-5545.

• **Shakespeare in Portsmouth:** William Shakespeare's *A Midsummer Night's Dream* will be performed in Prescott Park in Portsmouth on Sunday, July 31, and Saturday, Aug. 13, at 2 p.m. The cast includes CJ Lewis, Camden Brown, Megan Quinn, Chelsea Hermann, Becky Rudolf, Chris Savage, Matthew Schofield, Andy Fling, Robin Fowler, Alden Caple and Sarah Duclos. A donation of $5 to $8 is suggested. Call 436-2848 or visit www.prescottpark.org. —*Adam Coughlin*

THEATER LISTINGS

• **The Acting Loft**
670 North Commercial Street, Manchester in the Jefferson Mill Building.666-5999, actingloft.org
• **Actorsingers**
219 Lake St., Nashua, 889-9691, actorsingers.org
• **Adams Memorial Opera House**
29 W. Broadway, Derry, 437-0505, derryarts.org
• **Amato Family Center for the Performing Arts at Souhegan Valley Boys & Girls Club**
56 Mont Vernon St., Milford, 672-1002 ext. 2, svbgc.com
• **Andy's Summer Playhouse**
Wilton, 654-2613, andyssummerplayhouse.org
• **Anselmian Abbey Players**
Dana Center, 641-7700
• **Bedford Off Broadway**
Meetinghouse Rd, Bedford, 557-1805, bedfordoffbroadway.com
• **Bedford Town Hall**
70 Bedford Center Rd., Bedford
• **Bedford Youth Performing Company**
155 Route 101, Bedford, www.bypc.org, 472-3894.
• **Belle Voci**
bellevoci.org, 848-7986
• **Capitol Center for the Arts**
44 Main St., Concord, 225-1111, ccanh.com
• **Concord Chorale**
224-0770, concordchorale.org
• **Concord City Auditorium**
2 Prince St., Concord, 228-2793, www.theaudi.org
• **Concord Community Players**
224-4905, communityplayersofconcord.org
• **The Dana Center**
100 Saint Anselm Drive, Manchester, 641-7700, anselm.edu
• **The Hampstead Theatre**
1355 Suncook Valley Hwy., Ctr. Barnstead, 1-800-619-5302, www.hampsteadstage.org
• **The Majestic Theatre**
281 Cartier St., Manchester, 669-7469, majestictheatre.net
• **Manchester Community Music School**
2291 Elm St., 644-4548, mcmusicschool.org
• **Manchester Community Theatre and Second Stage**
Professional Co.
698 Beech St., Manchester, 627-8787
• **Milford Area Players**
673-2258, milfordareaplayers.org
• **Muchachos Drum & Bugle Corps**
PO Box 5197, Manchester, 674-7650, www.muchachos.org
• **Music and Drama Company (MADCo.)**
Londonderry, madco.org
• **My Act**
myact.org, 429-3950
• **Nashua Theatre Guild**
PO Box 137, Nashua, 03061, 320-2530
nashuatheatreguild.org
• **New Thalian Players**
newthalianplayers.org, 666-6466
• **Nashua Community College Performing**
Arts Club (PAC)
505 Amherst St., Nashua, 428-3544
• **The Palace Theatre**
80 Hanover St., Manchester, 668-5588, palacetheatre.org
• **Peacock Players**
14 Court St., Nashua, 886-7000, peacockplayers.org
• **Pittsfield Players**
6 Depot St., Pittsfield, 435-8852, pittsfieldplayers.com
• **Profile Chorus**
profilechorus.org
• **School of Theater Arts at The Amato Center for Performing Arts**
56 Mont Vernon St., Milford, 672-1002 ext. 20
• **Seacoast Repertory Theatre**
125 Bow St., Portsmouth, 433-4472
• **SNHU Drama Club**
2500 North River Rd., Hooksett
• **Stagecoach Productions**
7 Bayberry Way, Mont Vernon, 672-9664 stagecoachproductions.org
• **Stage One Productions Dinner Theatre at the Chateau Restaurant**
201 Hanover St., Manchester 669-5511, stageoneprod.com
• **Yellow Taxi Productions**
yellowtaxiproductions.org

• ***ANCESTRAL VOICES: A FAMILY STORY*** will be performed through July 31 at the Peterborough Players, 55 Hadley Road, Peterborough. Showtimes are Wednesday-Saturday, at 8 p.m., Tuesdays, at 7 p.m. and Sundays at 4 p.m. Tickets cost $40($42 on Saturdays). Call 924-7585 or visit www.peterboroughplayers.org.

• ***JOSEPH AND THE AMAZING***

TECHNICOLOR DREAMCOAT will be performed on Fri., July 29, and Sat., July 30, at 7 p.m. at the Middle New Hampshire Arts and Entertainment Center, 316 Central St., Franklin. Visit www.themiddlenh.org.

• ***HAIRSPRAY*** will be performed through Aug. 28 at the Seacoast Repertory Theatre, 125 Bow St., Portsmouth. Show times are Wednesdays and Sundays at 2 p.m., Thursdays at 7:30 p.m. and Fridays and Saturdays at 8 p.m. Tickets cost $20-$35. Visit www.seacoastrep.org or call 433-4472.

• ***LAST RITES*** will be performed through July 31 at the Players Ring, 105 Marcy St., Portsmouth. Shows are Fridays and Saturdays at 10:30 p.m. and Sundays at 9:30 p.m. Tickets cost $12 ($10 for seniors and students). Call 767-1631 or visit www.playersring.org.

• ***A WINTER'S TALE*** will be performed on Sat., July 31, and Sun., July 31, at 2 p.m. at Greeley Park, Concord St., Nashua. The shows are free and open to the public. Call 320-2530 or visit www.nashuatheatreguild.org.

• ***THE LOST WORLD*** will be performed Wed., July 27, Thurs., July 28, Fri., July 29, Sat., July 30, at 7:30 p.m. at Andy's Summer Playhouse, 582 Isaac Frye Highway, Wilton. Tickets cost $14 ($7 for kids 12 and under). Call 654-2613 or visit www.andyssummerplayhouse.org.

• ***A MIDSUMMER NIGHT'S DREAM*** will be performed on Sun., July 31, at 2 p.m., and Sat., Aug. 13, at 2 p.m. at Prescott Park in Portsmouth. Admission is free, but a $5 donation is suggested. Visit www.prescottpark.org or call 436-2848.

• ***MACBETH*** will be performed Thurs., July 28, Fri., July 29, and Sat., July 30, at 6 p.m. at the Jaffrey Civic Center Lawn. Admission is free. Call 532-6607 or e-mail deborahst@meganet.net.

• ***PETER PAN*** will be performed on Thurs., July 28, Fri., July 29, and Sat., July 30, at 7 p.m. and Sat., July 30, and Sun., July 31, at 2 p.m. at Kearsarge Regional High School, N. Sutton. Tickets cost $15 ($12 for children). Call 927-4899 or visit www.katcompany.org.

• ***THE MASKED CANARY*** will be performed on Fri., July 29, and Sat., July 30, at 8 p.m. at the Lawrence Barn, Depot Road, Hollis. Tickets cost $15. Call 320-3780.

• **TRIPLE THREAT CAMP PERFORMANCE** will be held on Thurs., July 28, at 7:30 p.m. at 21 Buttrick Road, Londonderry. Visit www.londonderrydance.com or email info@londonderrydance.com.

• ***WILLY WONKA*** will be performed Fri., July 29, at 7 p.m. and Sat., July 30, at 3 and 7 p.m. at John Stark Regional High School, 618 North Stark Highway, Weare. Admission by donation. Call 568-5102 or visit www.hennikeryouththeatre.org.

• ***ARMS AND THE MAN*** will be performed Aug. 3-Aug. 14 at the Peterborough Players, 55 Hadley Road, Peterborough. Showtimes are Wednesday-Saturday, at 8 p.m., Tuesdays, at 7 p.m. and Sundays at 4 p.m. Tickets cost $40 ($42 on Saturdays). Call 924-7585 or visit www.peterboroughplayers.org.

• ***HONK JR.!*** will be performed on Thurs., Aug. 4, and Fri., Aug. 5, at 6:30 p.m. at the Middle New Hampshire Arts and Entertainment Center, 316 Central St., Franklin. Visit www.themiddlenh.org.

• **TOTALLY RED!** Little Red Wagon will perform on Thurs., Aug. 4, at 2 p.m. in the auditorium at UNH-Manchester, 400 Commercial St., Manchester. The event is free and open to the public. Call 641-4167 or visit www.unhm.unh.edu.

• ***CANNIBALS, KIDNAPPERS AND TARANTULAS*** will be performed Aug. 5 through Aug. 14 at The Players' Ring, 105 Marcy St., Portsmouth. Show times are Fridays and Saturdays at 10:30 p.m. and Sundays at 9:30 p.m. Tickets cost $12. Call 436-8123 or visit www.playersring.org.

• ***THE ROCKY HORROR PICTURE SHOW LIVE!*** will be performed Aug. 5 through Aug. 27 at the Seacoast Repertory Theatre, 125 Bow St., Portsmouth. Visit www.seacoastrep.org or call 433-4472.

• ***WORKING*** will be performed on Fri., Aug. 5, at 7:30 p.m., Sat., Aug. 6, at 2 and 7:30 p.m. and Sun., Aug. 7, at 2 p.m. at the Court Street Theater, 14 Court St., Nashua. Visit www.actorsingers.org or call 889-9691.

Summer Theater

• **INTERLAKES SUMMER THEATRE** Summer performances will be held at Interlakes High School, 1 Lake Lane, Meredith. Shows will be held Tuesday-Saturday at 7:30 p.m., Wednesdays and Thursdays, at 2 p.m. and Sundays at 7 p.m. Shows are: *Hairspray*, through July 31; *Cabaret*, Aug. 2-Aug. 14. Call 1-888-245-6347 or visit www.interlakestheatre.com.

• **CHILDREN'S THEATRE** will be held on Fridays and Saturdays at 11 a.m. at Interlakes High School, 1 Lake Lane, Meredith. Show are: *Tinkerbell* on Aug. 5 and Aug. 6. Call 1-888-245-6347 or visit www.interlakestheatre.com.

• **SUMMER CHILDREN'S SERIES 2011** performances at the Palace Theatre, 80 Hanover St., Manchester, www.palacetheatre.org, 668-5588. Tickets cost $6. Shows are: *Snow White and the Seven Dwarves* on Tues., Aug. 2, at 11 a.m. and Wed., Aug. 3, at 11 a.m. and 6 p.m.

• ***WIZARD OF OZ*** will be performed Thursdays, Fridays, Saturdays and Sundays, through Aug. 21 at the Prescott Park Arts Festival. Call 436-2848 or visit www.prescottpark.org.

• ***AS YOU LIKE IT*** will be performed Sat., Aug. 6, Sun., Aug. 7, Sat., Aug. 13, and Sun., Aug. 14, at 5 p.m. in Depot Square Park in Peterborough. Admission is free. Visit www.actorscircletheatre.org.

• **LITTLE SMILES CHILDREN'S SUMMER SERIES** will be held at the Capitol Center for the Arts, 44 S. Main St., Concord. Shows are Tuesdays at 11 a.m. and 2:30 p.m. Shows are: *Beauty and the Beast*, Aug. 2; *The Pied Piper*, Aug. 9. Call 225-1111 or visit www.ccanh.com.

• **THE WINNIPESAUKEE PLAYHOUSE** will perform shows at Alpenrose Plaza, 36 Endicott St., East Laconia, 366-7377, www.winniplayhouse.com. Shows are Tuesdays through Saturdays, at 7:30 p.m. and Mondays at 2 and 7:30 p.m. Other shows are: *Shipwrecked*: *An Entertainmment*, through July 30; *Gigi*, Aug. 3-Aug. 13.

• **ACTONE'S FESTIVAL 2011** shows will be performed at the West End Studio Theatre, 959 Islington St., Portsmouth. Tickets cost $18 and $20. Visit www.actonenh.org or call 300-2986. Shows are: *Southern Comforts* on Thurs., Aug. 4, Fri., Aug. 5, Sat., Aug. 6, and Sat., Aug. 27, at 2 p.m. and 8 p.m. and Fri., Aug. 26, at 8 p.m..

• **THE BARNSTORMERS THEATRE** will perform shows at the Barnstormers Theatre, 104 Main St., Tamworth. Shows are Tuesday-Thursday, at 7:30 p.m., Friday-Saturday, at 8 p.m. and Sunday at 2 p.m. Visit www.barnstormerstheatre.org or call 323-8500. Shows are: *Gold in the Hills*, through July 30; *Bus Stop*, Aug. 2-Aug. 6.

On stage



Lost world found in Wilton

Andy's Summer Playhouse, 582 Isaac Frye Highway, Wilton, will perform its second show of the summer, *The Lost World*, on Thursday, July 28, and Friday, July 29, and Saturday, July 30, at 7:30 p.m. *The Lost World* is inspired by the 1912 book by Sir Arthur Conan Doyle, who is known as the creator of Sherlock Holmes. The book was turned into a 1925 silent film about twin children who discover a world full of dinosaurs under their bed. Tickets cost $14 ($7 for age 12 and younger). Call 654-2613 or visit www.andyssummerplayhouse.org. (l to r): Evelyn Mead, Raven Bartlett, Kassie Dumont and Lucas Willette. Courtesy photo.

On stage



Neverland is found

The Kearsarge Arts Theatre Company, which runs a non-profit four-week summer camp for kids from 25 towns including Concord, will be performing the legendary story of *Peter Pan*. Shows will take place on Thursday, July 28, Friday, July 29, and Saturday, July 30, at 7 p.m. and Saturday, July 30, and Sunday, July 31, at 2 p.m. at Kearsarge Regional High School in North Sutton. *Peter Pan* tells the story of Peter, a special boy who refuses to grow old in Neverland, where he battles Captain Hook. Tickets cost $15 ($12 for kids). Call 927-4899 or visit www.katcompany.org. *Peter Pan*. Courtesy photo.

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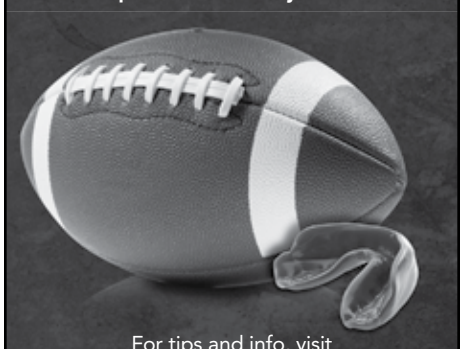
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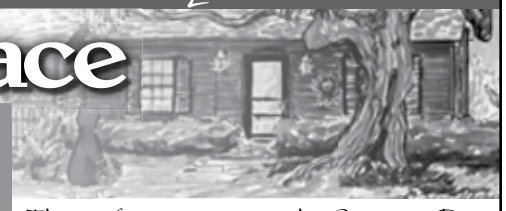
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From yoga to pilates, cooking to languages to activities for the kids, Hippo's weekly listing offers a rundown of all area events and classes. Get your program listed by sending information to listings@hippopress.com at least three weeks before the event.

Meet the artists

Illustrators share their craft at Mill Brook Gallery

By Briana Palma
bpalma@hippopress.com

Ilene Richard held a black Sharpie to the easel, quickly sketching lines this way and that until she had created an offbeat Scooby Doo-like character. All the while she took (and encouraged) cues from the group of shouting kids sitting in front of her.

"A dog," suggested one, setting off a chain reaction.

"Yeah, a little dog!"

"With ears that go up!"

"A dog with a mohawk!"

The kids, ranging from toddlers to tweens, gathered on the porch of Concord's Mill Brook Gallery and Sculpture Garden and sipped from juice boxes as Richard shared her work as a children's book illustrator.

The presentation, which took place on Wednesday, July 13, was the first in a series of six special events offered in coordination with the exhibit "Children's Book Illustrators," on display at Mill Brook Gallery through Sept. 4. The exhibit affords children and adults the opportunity to see original illustrations from some of their favorite books, and comprises the work of Richard and 10 other New Hampshire- or Massachusetts-based illustrators, including Tomie dePaola, Will Harney and Sara Brannen.

Richard, who had a hand in organizing the exhibit, kicked off the event series by discussing her recently published book, *The Queen Who Saved Her People.*

The kids watched with wide eyes as she showed off colorful prints and explained the two-year process of creating the book.

"I have to bring some life to the story," she told them, explaining that the publisher typically gives some instruction about the art, but that most decisions, like making the king fat and matching the color of his pants to the queen's dress, are left up to her.

The work allows Richard to tap into her sense of humor and the creativity that she cultivated as a little girl.

"I was the kind of kid who was always drawing," she said after the presentation. "It was actually to a fault. My mother tells stories of me in kindergarten and I'd put my books away and then take out my drawing paper ... because that's what I loved doing."

And she encouraged her crowd of young, aspiring artists to do the same as she led them in a fun character-development exercise. Amidst giggles, they came up with traits for the Scooby Doo-like dog and a long-nosed, choker-wearing boy, before grabbing markers and drawing their own characters.

One by one they showed off their work as Richard offered encouragement and tips.

"I think they did great and they seemed like they had fun," Richard said. "The cutest thing is they actually got up to talk about it. I loved that."

The workshop was also a hit with the adults, including Lisa Traynor of Redmond, Wash., who was in town visiting family for just a few days but decided to attend with her two daughters, ages 10 and 11. "It seemed like a great opportunity to meet an artist and be able to do something, you know, for them to actually be able to practice," she said, adding that Richard's demonstration impressed her.

"It was great. My gosh, just a few little strokes and she has this character that has a whole personality. She makes it look so easy."



Children's book illustrator Ilene Richard shows off a printout of *The Queen Who Saved Her People*. Briana Palma photo.

Dan Paul of Henniker also enjoyed the event and praised its intimate nature.

"It was very small and personal," said Paul, who brought his grandchildren, ages 7 and 8. "I was concerned. Sometimes these events turn into big madhouses but it was pretty much one-on-one and the kids were able to be engaged. It was just great."

Pam Tarbell, the owner of Mill Brook Gallery, echoed Paul's sentiment about the 15-person group and said she was pleased with the overall response to the first illustrator event.

"The people who came were really interested," she said. "There weren't mobs of people that would have been hard to control; it was a close, personal relationship...and [participants] could really talk to the artist."

Still, Tarbell, who actively supports art appreciation among youth, said the effects of the exhibit and presentations will reach beyond those in attendance.

"This illustrators' exhibit is incredibly high-quality," she said. "You can see the work — there are several award-winners. It's cool for kids and parents to see the art, and we had several school teachers here who are going to take it and give it to their students. So it's going to travel. It's not just something on the back porch and that's the end of it."

Meet the illustrators

When: July 27, Denise Ortakales; Aug. 10, Sandra Bartholomew; Aug. 17, Vicky Enright; Aug. 24, Jennifer Goldfinger. Events begin at 1 p.m.
Where: Mill Brook Gallery and Sculpture Garden, 236 Hopkinton Road, Concord
More info: Go to www.themillbrookgallery.com or call 226-2046

CHILDREN & TEENS

• ***WILLY WONKA*** John Stark Regional High School, 618 North Stark Highway, Weare, Fri., July 29, at 7 p.m. and Sat., July 30, at 3 and 7 p.m. The Henniker Youth Theatre presents Willy Wonka. Admission is by donation. For more information, call 568-5102 or go to www.HennikerYouthTheatre.org.

• **DESIGN SQUAD CHALLENGE** Derry Public Library, 64 E. Broadway, Derry, 432-6140, Thurs., July 28, from 2:30 to 4 p.m. This event is based on the PBS show *Design Squad*. Build a fast car out of cardboard, old CDs and rubber bands. Ages 10 through teen.

• **TERN COLONY CRUISE** Massabesic Audubon Center, 26 Audubon Way, Auburn, 668-2045, Sat., July 30, from 6:45 to 8:45 a.m. Take part in a special two-hour trip out to the Isles of Shoals to see a unique gem of New Hampshire wildlife: the Seavey Island tern colony, the only place on the East Coast where you can see three tern species at once. Costs $37 ($32 member) and pre-registration is required. Call 668-2045 for more information or to register.

• **STORYWALK** Squam Lakes Natural Science Center, 23 Science Center Road, Holderness, 968-7194, Aug. 1-7, from 9:30 a.m. to 4:30 p.m. This year's featured book is *Blueberries for Sal* by Robert McCloskey. StoryWalk is presented in collaboration with the Holderness Library and Holderness Recreation Department. StoryWalk opens with special family activities on July 1 from 10 a.m. to noon. There is no charge to visit the StoryWalk, which is located in the field behind the NH Fish & Game parking lot. No charge to attend and no reservations are required. See www.nhnature.org or call 968-7194.

• **COLOR-CODED MESSAGES** Squam Lakes Natural Science Center, 23 Science Center Road, Holderness, 968-7194, Aug. 3, from 9:30 to 10:30 a.m. Children will learn how nature talks with color – some colors help to hide, some to say danger, and still others mean welcome. Caregivers will explore the natural world of color with children. Adult must accompany children at no charge. Costs $7 and reservations are required. Call 968-7194.

• **DRAGONS AND DAMSELS...FLIES, THAT IS** Amoskeag Fishways, 6 Fletcher St., Manchester, 626-3474, Wed., Aug. 3, at 10 a.m. and 1 p.m. A preschool program about dragonflies. Children will learn all about these beautiful insects as they search for some around the Fishways. Costs $5 per family. Advance registration is required. Call 626-3474 or go to www.amoskeagfishways.org.

• **SALEM'S GOT TALENT** Kelley Library, 234 Main St., Salem, 898-7064, Wed., Aug. 3, at 7 p.m. Participants can show off their talents by performing in our teen talent show. Teens age 11 and up are invited to shine in the spotlight. Registration is requested. Sign up with Cathy in the Reed Children's Room or call 898-7064. Admission is free and open to the public.

DANCE

• **Arthur Murray Dance Studio**
99 Elm St., Manchester, 624-6857, learntodancetoday.com

• **Bliss Healing Arts Center LLC**
250 Commercial St. # 2007, 624-0080, blisshealing.com

• **Dance International Studio**
83 Hanover St., Manchester, 858-0162, importers-exporters.com/DIS.htm

• **Kathy Blake Dance Studios**
3 Northern Blvd. in Amherst, 673-3978, kathyblakedancestudios.com

• **Krystal Ballroom**

Kiddie Pool

Family fun this weekend

Splish Splash

• As the temps rise, cool down with a day at **Liquid Planet Water Park** in Candia. The park features fun water toys, slides, pools and even a nine-hole mini-golf course. Visitors can also go for a ride on the new Escape Velocity Zip Line, which will take them on a 1,000-foot ride over the entire park. See www.liquidplanetwaterpark.com.

• Water and good times also come together at Salem's **Canobie Lake Park** (www.canobie.com), where you can make a splash on water rides like the Boston Tea Party and Policy Pond Log Flume. Test out the brand new Untamed roller coaster and watch the Canobie Talent Search competition, which takes place every Thursday evening through Sept. 2.

• In Concord, escape the heat at the city's seven **outdoor pools**, which remain open through Aug. 11. Residents have free access to all pools, while others need to purchase a pass ($113 for the season). See www.concordnh.gov or call 225-8690.

Storytime

• Parents and tiny tots, from newborn to age 3, can head to Lowell's Pollard Memorial Library (www.pollardml.org) for **Mother Goose on the Loose**, a nursery rhyme program that is offered at 10 and 11:15 a.m. every Tuesday. Kids will have a blast learning with songs, stories, games and more.

• Manchester City Library's summer reading programs are coming to an end and the last all-ages **summer storytime** will take place on Tuesday, Aug. 2, at 9:30 a.m. In coordination with the summer reading theme One World, Many Stories, the event will focus on stories from France. See mclkids.org.

• Families can come together at Barnes & Noble, 1741 S. Willow St., Manchester, for **story hour** on Sunday, July 31, at 2 p.m. The group will read books appropriate for all ages and will also do a craft.

Science camp

• The school year is nearing, but it's not too late to go to camp. The Children's Museum of New Hampshire in Dover is hosting its final **Discovery Science Camp** from Aug. 2 to Aug. 4. Appropriate for ages 6 through 8, the session, titled "Finding Out About Physics," will introduce campers to concepts like friction and gravity. See www.childrens-museum.org.

• Go crazy for science at Concord Parks and Recreation's camp about flight, **Mad Science**. The camp, which is for kids in grades 1 through 5, runs from Aug. 1 through Aug. 5 and teaches campers how things move and fly as they build objects like kites and rockets. See www.concordnh.gov or call 225-8690.

• Kids can get a taste of astronaut life at McAuliffe-Shepard Discovery Center (www.starhop.com), which is offering a session of its **Little Astronaut Camp** from Aug. 1 through Aug. 5. At the camp, children will discover what it's like to go to space.

In the spotlight



Hot wheels

Check out the rides at Bedford's sixth annual Antique and Classic Car and Truck Show on Saturday, July 30, at Bedford High School. Last year about 140 vehicles were on display, and this year's event is sure to be just as big. Things kick off at 9 a.m. with a rally through town and the show follows around 10 a.m. The public can feast its eyes on automobiles ranging from antique Fords to Ferraris while enjoying music and food. A number of awards will be given out, including People's Choice, Favorite Pre-War Vehicle and Favorite Hot Rod. Admission to the show costs $5 per person ($10 per car of people), while registration of vehicles is free. See bedfordhistoricalnh.org.

Dance Studio
352 S. Broadway, Salem, 870-9350, krystalballroom.com
• **Let's Dance Studio**
5 North Main St., Concord, 228-2800, letsdancenh.com
• **Mill-A-Round Dance Center**
250 Commercial St., Manchester, 641-3880, millaround.com
• **N-Step Dance Center**
2626 Brown Ave Manchester, 03103 603-641-6787nstepdance.com
• **Paper Moon Dance Center**
515 DW Hwy., Merrimack, 429-1100, papermoondance.com.
• **Queen City Ballroom**
21 Dow St., Manchester, 622-1500, queencityballroomnh.com
• **Royal Palace Dance Studio**
167 Elm St., Manchester, 621-9119, royalpalacedance.com
• **Senior Activity Center**
70 Temple St., Nashua, 889-6155
• **Steppin' Out Dance Studio**
1201 Westford St., Lowell, 978-452-1111, steppinoutdance-lowell.com

• **ADULT CLASSES** in tap and strength training at Allegro Dance Academy (100 Factory St., Nashua) allegrodance.com.

• **BEGINNER TAP** for ages 30+ at the Acting Loft, 516 Pine St., Manchester, Thursdays 7-7:45 p.m. Basic tap steps as well as short combinations and routines. Ongoing cost is $12 per week. Drop-ins are welcome with 24 hours notice. Call 666-5999 to register or visit ww.actingloft.org.

• **CIRCLE 9 RANCH** (30 Windymere Drive, Epsom, 736-9656, hosts a dance lesson every Saturday at 7 p.m. through August. See www.circle9ranch.com.

• **HUSTLE CLASS AND PRACTICE PARTY** at Queen City Ballroom, 21 Dow St., 2nd floor, Manchester, 622-1500, every Monday, from 6:45 to 7:30 p.m. (beginner) and 8:15 to 9 p.m. (intermediate). Practice party goes from 9 to 10:30 p.m. Classes cost $10 each and practice party costs $10 but is free to students taking a class. Singles and couples welcome. Drop-ins welcome. Call 622-1500 or go to www.queencityballroomnh.com.

• **INTRODUCTION TO DANCE** "It's Never Too Late to Dance" for ages 30+ at the Acting Loft, 516 Pine St., Manchester, Thursdays 6-7 p.m. A low-impact dance class. All are welcome, whether you are a first-timer or want to brush up for auditions, feel more confident about your skills or just have fun. Ongoing cost is $16 per week. Drop-ins are welcome with 24 hours notice. Call 666-5999 to register or visit www.actingloft.org.

• **NASHUA BALLET THEATRE DANCE COMPANY** (36 Arlington St., Nashua) offers ongoing classes from beginner to pro in ballet, pointe, jazz, modern and tap. Call 889-8408 or visit nbtdc.com.

• **POLE AND EXOTIC DANCE** for women 18+ at Pole Bliss, 250 Commercial St. #2007, Manchester, 624-0080, polebliss.com. Four- and six-week sessions, intro taster classes, workshops and dance parties.

MUSEUMS & TOURS

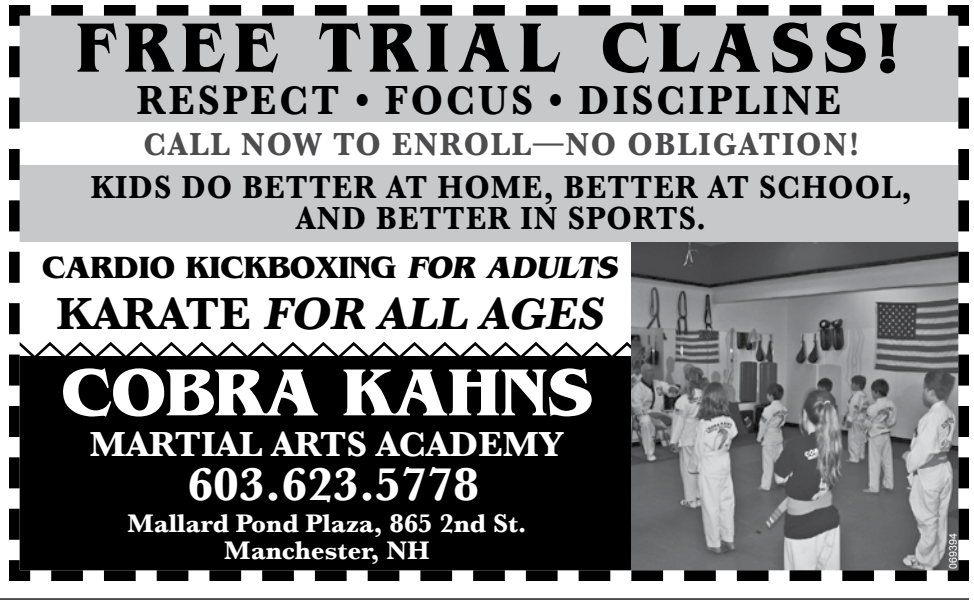
• **Canterbury Shaker Village**
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Treasure hunt

An antiques expert helps you search for buried treasure



Hi Donna,

I am one of the vet techs at Daniel Webster Animal Hospital. I am a new antique collector, now in my late 20s. I started with old books and have found a love for all kinds of wares. I recently went to an estate sale and picked up what the gentleman said were fruit bowls. There is a set of six, all the same design, 6¼ inches in diameter, just over 1½ inches high. They are a beige color with gold edging. The picture at the bottom of the bowl is of a lady playing what looks like a flute or clarinet. All I see in the bottom of the bowls are the words: "Warranted 22 Carat gold." If you have any further information, that would be great.

Nycole in Bedford

Dear Nycole,

The bowls you have are from the 1940s, very typical for that era. There were many manufacturers of dishware in that period of time, but many had similar patterns.

The bowls you have would be considered fruit bowls or sometimes even cereal bowls. They came from a dinnerware set, which could have been very large at the time. Over years a lot of these sets got broken up and pieces show up everywhere.

Because there were so many of them made, there still are a lot out there and that means they have only a minimal value. Basically it depends on the buyer and taste.

They are considered transfer ware (which means they are not hand painted). The woman an pattern is basically a decal, almost like a decoupage, and then the 22kt gold is applied after the firing. If you rubbed hard enough you could remove it. A lot of times it is missing just from age and normal wear. There is no value to the gold because it really doesn't add up to anything for weight.

The bowls are pretty and different than what is out there now, but the value would be somewhere around $2 each.

Remember in all dish sets, valuable or not, the best pieces are the serving bowls with or without lids etc. The more unusual, the better the value.

Donna Welch has spent more than 20 years in the antiques and collectibles field and owns From Out Of The Woods Antique Center in Goffstown (www.fromoutofthewoodsantiques.com). She is an antiques appraiser, an instructor and a licensed auctioneer. To find out about your antique or collectible, send a clear photo of the object and information about it to Donna Welch, From Out Of The Woods Antique Center, 465 Mast Road, Goffstown, N.H., 03045. Or e-mail her at footwdw@aol.com. Or drop by the shop (call first, 624-8668).

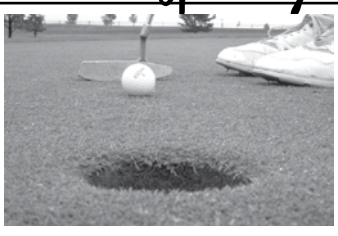
783-9511, shakers.org
• **McAuliffe-Shepard Discovery Center**
2 Institute Dr., Concord, starhop.com, 271-7831
• **Currier Museum of Art**
150 Ash St., Manchester, 669-6144, currier.org
• **Laconia Historical & Museum Society**
in the Laconia Public Library at 695 Main St. in Laconia, 527-1278, laconiahistorical.org
• **Langer Place**
55 South Commercial St., Manchester, 626-4388, langerplace.com
• **Lee Scouting Museum & Library**
571 Holt Ave. in Manchester, 669-8919, scoutingmuseum.org
• **Manchester City Hall**
One City Hall Plaza, off Hanover St. in Manchester, 624-6455
• **Millyard Museum/Manchester Historic Association**
200 Bedford St., 622-7531, manchesterhistoric.org
• **New England Synthesizer Museum**
6 Vernon St., Nashua, 881-8587, synthmuseum.com
• **New Hampshire Aviation Museum**
South Perimeter Road, Manchester, 669-4820, nhahs.org
• **New Hampshire Snowmobile Association Museum**
Beaver Brook State Park Museum Complex off Route 28, Allenstown, 648-2304, nhsnowmobilemuseum.com
• **Museum of N.H. Natural History**
6 Eagle Square in Concord, 228-6688, nhhistory.org
• **Mt. Kearsarge Indian Museum**
18 Highlawn Road, Warner, 456-2600, indianmuseum.org
• **Seacoast African American Cultural Center**
135 Daniel St. in Portsmouth, 430-6027, saacc-nh.org
• **SEE Science Center**
200 Bedford St., Manchester, 669-0400, see-sciencecenter.org
• **Speare Museum**
5 Abbott St., Nashua, 883-0015, nashuahistoricalsociety.org
• **U.S. Marconi Museum**
14 N. Amherst St. in Bedford, 472-8312, marconiusa.org

History & museum events

• **JEANNE PREVETT SABLE CONCERT** Mariposa Museum & World Culture Center, 26 Main St., Peterborough, 924-4555, Fri., Aug. 5, at 7 p.m. Jeanne Prevett Sable is a singer/songwriter and finger-style folk guitarist who will perform songs of farm, garden, environment and social issues. At 5 p.m. there will also be a KidCraft of summer paper flowers and at 6 p.m. there will be a reception for the exhibition "Adornments." All events are free and open to the public. See mariposamuseum.org.

• **ISRAEL'S HISTORY AND HISTORICAL PERSPECTIVES** Congregation Betenu, 5 Northern Blvd., Unit 1, Amherst, 886-1633, Mon., Aug. 8, at 7 p.m. At this free talk, Sonia Campeanu, Certified Israeli Educator, will shed light on the historical and modern day importance of 1929 Hebron, then Palestine and the significance of the riots that took place in the city. For more information, go to www.betenu.org or e-mail betenu@nii.net.

In the spotlight



Golf for a good cause

The 22nd Annual Funds for Education Golf Tournament is coming to Concord on Wednesday, Aug. 3, and will raise money for the Chamber of Commerce's Business Grants for Teachers and Capital Area Student Leadership program. Teams of four can come together for some fun and fundraising at the event, taking place at Beaver Meadow Golf Course. The day begins with a continental breakfast at 7:30 a.m. and a half hour later the players will tee off. Prizes include a motorcycle, a diamond ring and a flat-screen TV; first-, second- and third-place teams will win gift certificates to the Beaver Meadow Pro Shop. Players will also be treated to a barbecue lunch from Celery Stick Café. See www.concordnhchamber.com.

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GARDENING GUY

Gardening: metaphor for life

You plant some, you lose some (you plant some more)

By Henry Homeyer
listings@hippopress.com


Calycanthus. Henry Homeyer photo.

Gardening can be considered a metaphor for life. Some gardeners like their gardens — and their lives — simple and predictable. They plant things that they know will succeed and look good: daffodils, daylilies, marigolds, purple cone flowers and such. I grow all those things, but I like to take some risks, too. After all, I could be run over by a bus before the end of the growing season (though my mother did a good job of teaching me to look both ways before crossing). And I want to have the joys of growing special plants that are not necessarily hardy here.

I'm a plant collector and get great joy in growing plants that are outside their climatic zone (or that require special conditions) and seeing them do well. Taking a risk in the garden is different than racing motorcycles or skiing down the north face of Mt. Washington. Yes, I did once spend $75 on a yellow ladyslipper that did not make it through the winter because a dog dug it up, exposing the roots. But that was not personally perilous. I recommend taking some risks in the garden.

My most recent "risk" was planting a shrub variously called spicebush, Carolina allspice or sweet bubby. Those names are from my bible of woody plants, *Manual of Woody Landscape Plants* by Michael Dirr. Sweet bubby — that's worth planting just for the name! Its Latin name is Calycanthus floridus. Just as plants with botanical names including canadensis indicate northern origins, plants with floridus indicate southern plants. So it may not do well here.

I am a sucker for plants in bloom. I was recently at EC Brown's nursery in Thetford Hill, Vt. (www.ecbrownsnursery.com), and saw that new-to-me shrub, spicebush or sweet bubby, in bloom, and had to take one home. The blossoms are a deep dark red, globe-shaped and about 2 inches in diameter. According to Dirr's book, it is considered hardy to Zone 4, but " -15 or -20 is the breakpoint … flowers occur on short shoots from leaf axils along the entire stem length, i.e. where buds are present; even if shoot tips are winter killed, the potential for good flowering is excellent." So I am optimistic that it will survive and thrive for me.

After my sister, Ruth Anne Mitchell, died unexpectedly two years ago I planted some plants of dubious hardiness here in her honor. Ruth Anne was a risk taker — she was an intrepid international traveler who thought nothing of hiking 100 miles through a war zone such as Liberia during the civil war there. While working for an international aid agency she was once captured by teenage rebels carrying automatic weapons and who were high on drugs. They thought she would be scared. Not so. She lectured them, and asked if they would treat their mothers like that. Chagrined, they brought her to their adult leader, who reprimanded them and then let her continue on her way.

Among the plants that I planted in memory of Ruth Anne that did not survive were bunchberry (Cornus canadensis), trailing arbutus (Epigea repens) and that yellow ladyslipper. I also planted three blue Himalayan poppies (Meconopsis betonicifolia), and two died that first winter. The third bloomed but died the following winter. Undaunted, I bought three more from Cady's Falls Nursery (www.cadysfallsnursery.com) in Morrisville, Vt., this year. That one successful poppy, with true sky-blue blossoms, gave me great joy, taught me where to plant it — and gave me the willingness to try again.

Of all the flowers I planted for Ruth Anne, the most successful was the umbrella plant (Darmera peltata). My bible of perennials, *Steven Stills' Manual of Herbaceous Ornamental Plants*, lists it as only hardy in Zones 5 through 7 (-20 to 0 degrees in the coldest parts of winter). The first year after planting, it limped along, but this spring it sent up numerous flower spikes with lovely pink flowers before the leaves appeared. And now those umbrella leaves are a foot across and the clump covers a 4-foot circle.

The key to out-of-zone success is getting the soil and sun requirements right for the plant. Acidity, drainage and exposure to cold winds really do make a difference. Even though the books by Dirr and Stills cost well over $100 for the pair, I think they are worth the investment: they tell you not only cold hardiness, they tell you what kind of soil is needed. I know the world wide web is supposed to have all answers, but I like an authoritative book that I can depend on.

Most nurseries have Dirr's book on hand and will let you read it before deciding if you should invest in a woody plant. Dirr's book is very personal, with his strong feelings expressed, and anecdotes about where he has seen a particular plant growing. I use Stills' book to tailor the soil for perennials at planting time: he details the fertility needed, so I know if I should add plenty of organic fertilizer, just a little, or none at all.

Take a good look at your own garden. Are you willing to try some new plants? I spent hours this past weekend pulling out the roots of Queen of the Prairie (Filipendula rubra) so that I could plant my new spicebush or 'sweet bubby.' And if it doesn't survive? Well, I'll have a good place to try another interesting plant!

Henry Homeyer lives and gardens in Cornish Flat, N.H. You may reach him at henry.homeyer@comcast.net or P.O. box 364, Cornish Flat, NH 03746.

CAR TALK BY TOM AND RAY MAGLIOZZI

Tom and Ray help a girl out with a prank



Dear Tom and Ray:

My boss and I are in a never-ending prank war. I really want to hook up one of those horns to his car that plays the ice-cream-truck jingle. And I want to have it come on whenever he starts the car. The problem is that I have no idea how to do this. Can you guys help me? Cheers! — SaraMarie

RAY: That's a great prank, SaraMarie.

TOM: That meets all of the criteria of the American Prank Association: Nobody gets hurt, physically or psychologically. It's reversible, so there's no permanent damage to person or property. And, most importantly, it's not mean-spirited, so the prankee can laugh along and appreciate the cleverness that went into pulling it off — while he's plotting his revenge.

RAY: So we approve of this prank wholeheartedly. The first thing you're going to have to do is find the horn. I don't know where you get a horn that plays "Turkey in the Straw" (the annoying musical dirge of choice for ice-cream trucks), but I'm sure someone out there makes one.

TOM: I don't know where you'll find it, but I'd say the prospects are good. After all, we've heard horns that play "La Cucaracha," "Dixie," the cavalry call, the theme from "The Godfather" and the mating calls of a wide variety of farm animals. So check online, or try the JC Whitney catalog.

RAY: Then you'll need to recruit a mechanic who's willing to play along. I suggest a guy who can run fast if he happens to get caught *in flagrante delicto* — which is Latin for "with battery cable in hand."

TOM: But you're going to prevent that from ever happening. Since you work with your boss, you're going to schedule an important meeting for him — preferably in a windowless room — while the mechanic is working on his car in the office parking lot. And you're going to keep him there until you get word that the coast is clear.

RAY: Installing a horn is a pretty easy job. Your mechanic shouldn't even need the keys. He'll just need a wiring diagram, so you'll have to provide him with the year, make and model of the car. The trickiest part is getting the hood open without having access to the passenger compartment. But we often manage to do that from under the car when people's hood latches break.

TOM: Once the hood's open, it's a simple matter of hooking up the horn and connecting the control box to any wire that gets energized when the ignition is on. So whenever he turns the key, the control box is powered. And if the horn is turned on at the control box (which is how you'll leave it), kids from miles around will descend on him demanding their creamsicles.

RAY: Then all the mechanic has to do is hide the control box under the hood somewhere. You don't want to make it too easy to find, but you want him to eventually be able to turn it off — don't you?

TOM: You don't? I'm glad you don't work for me, SaraMarie! Well, let us know how it goes. And we'll start thinking about revenge ideas for when your boss writes to us. Have fun.

Dear Tom and Ray:

I'm writing for my brother, who never reads your column. He has a 2010 Toyota Prius with all the bells and whistles. He was told that to get the best gas mileage, he should buy low-rolling resistance tires. His dealer has never heard of them. What are they, and how do they increase gas mileage? — A loving sister who reads you guys a LOT, Margaret

RAY: Well, we're sure Mom always liked you better anyway, Margaret.

TOM: Your brother already has low-rolling resistance tires, Margaret. They come standard on every Prius.

RAY: I certainly can understand that he might not be aware of that. What I don't understand is why the dealer doesn't know about it — unless he has a low-rolling attention span.

TOM: Here's the story on low-rolling resistance tires. Everybody's always looking for ways to increase gas mileage, right? One thing that decreases mileage is friction. As tires roll along the ground, they create what? Friction!

RAY: So the thinking goes, if tires could roll more easily, there would be less friction — or rolling resistance — slowing down the car, and the car's mileage would improve.

TOM: And lo and behold, this works! Tire manufacturers came up with new rubber compounds that allow cars to roll more freely while still maintaining a grip on the road. They're not designed for high-performance sports cars, but they function perfectly well for most people.

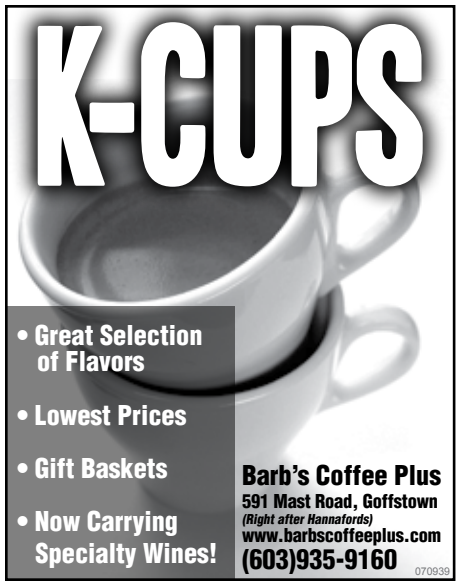
RAY: A person who buys a Prius is not going to drive it at high speeds around hairpin turns in the rain. Prius owners prioritize mileage over sports-car handling, so Toyota opted for a tire that maximizes what the buyers care most about.

TOM: Similarly, if you buy a Porsche, it's not going to come with no stinkin' low-rolling resistance tires. Because if you ask the average Goldman Sachs partner why he bought his 911 Targa 4S, the answer is not going to be "For the mileage."

RAY: But low-rolling resistance tires are available for non-hybrids now, too. And for people who don't need extraordinary handling qualities from their tires, they're a good way to boost your mileage by a few percent.

Got a question about cars? Write to Click and Clack i by visiting the Car Talk website at www.cartalk.com.

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Plus ça change...

Google+ might look a bit familiar

By John Andrews
jandrews@hippopress.com



Sigh. Fine, I'll write about Google+.

In case you haven't heard, there's a new social network in town. Google+ is the site geeks have been waiting for: pretty much Facebook, but with the cachet of Google.

They tried a few years ago with Orkut, which garnered a small user base but never really took off. They also whiffed with Buzz, which not only tried to rip off Twitter but infuriated users whose previously private info was suddenly shared without notice.

Google has certainly learned from their previous missteps. If anything, they're being pretty cautious rolling out their latest effort to have all your interaction on the Web somehow involve them.

For starters, they went back to their tried and true method of requiring invitations at first. This has the dual benefit (for Google) of slowly ramping up adoption and transmitting an air of exclusivity, which just makes people want in even more.

What users are seeing is a mixed bag. It's mostly the tech-savvy or Web-addicted who have signed up so far, so a lot of the posts I'm seeing are about Google+ itself — very meta. The commentary is generally positive, though many points people are making are double-edged swords.

Less clutter in your feed? Yeah, because very few people are using it so far. OK, 20 million is hardly nobody, but compared to Facebook's 750 million, it's very few. Surely that number will go up, and as people get used to posting on Google+ in addition to all their other networks, we'll see just as much content there as we do elsewhere. It won't all be insightful, either; we all have Facebook friends whom we like but who tend to post drivel at least some of the time, right?

There's less advertising and a LOT less promotion by businesses in general. If you "Like" Coca-Cola, guess what, you're now reading Coca-Cola's updates every day. Google has intentionally forestalled business profiles for the time being, making a truly "social" network. Advertisements will have to become part of the experience eventually, though — it's how Google makes its money, and businesses are chomping at the bit to have the same direct interaction that Facebook and Twitter already provide. They don't want Google+ to be the place friends can hang out and hide from their messages.

Even if Google+ does decay into the marketing stream other social networks have, its Circles feature might make it a lot easier to filter that stuff out. Though not all that dissimilar to lists on Facebook and Twitter, Circles is presented front and center as THE way to organize your contacts. Pre-made Friends, Family and Acquaintances sections give you a starting point for sorting folks into their respective houses. Create a Coworkers circle so you can keep up with people in your workplace, and you can put the select few you want to hang out with in your Friends circle as well. Granted, they might go on to share your posts with your boss and the gossip at the end of your cubicle row, but you have at least some granular control.

Is Facebook marked for death? Hardly. Google's made a good stab at cloning it, and it'll start hurting as more and more services — mail, search, shopping, translation, maps — are integrated, but until everyone moves over, Facebook is still the king.

For now.

I'm on Google+, but much more likely to actually post at twitter.com/CitizenjaQ.

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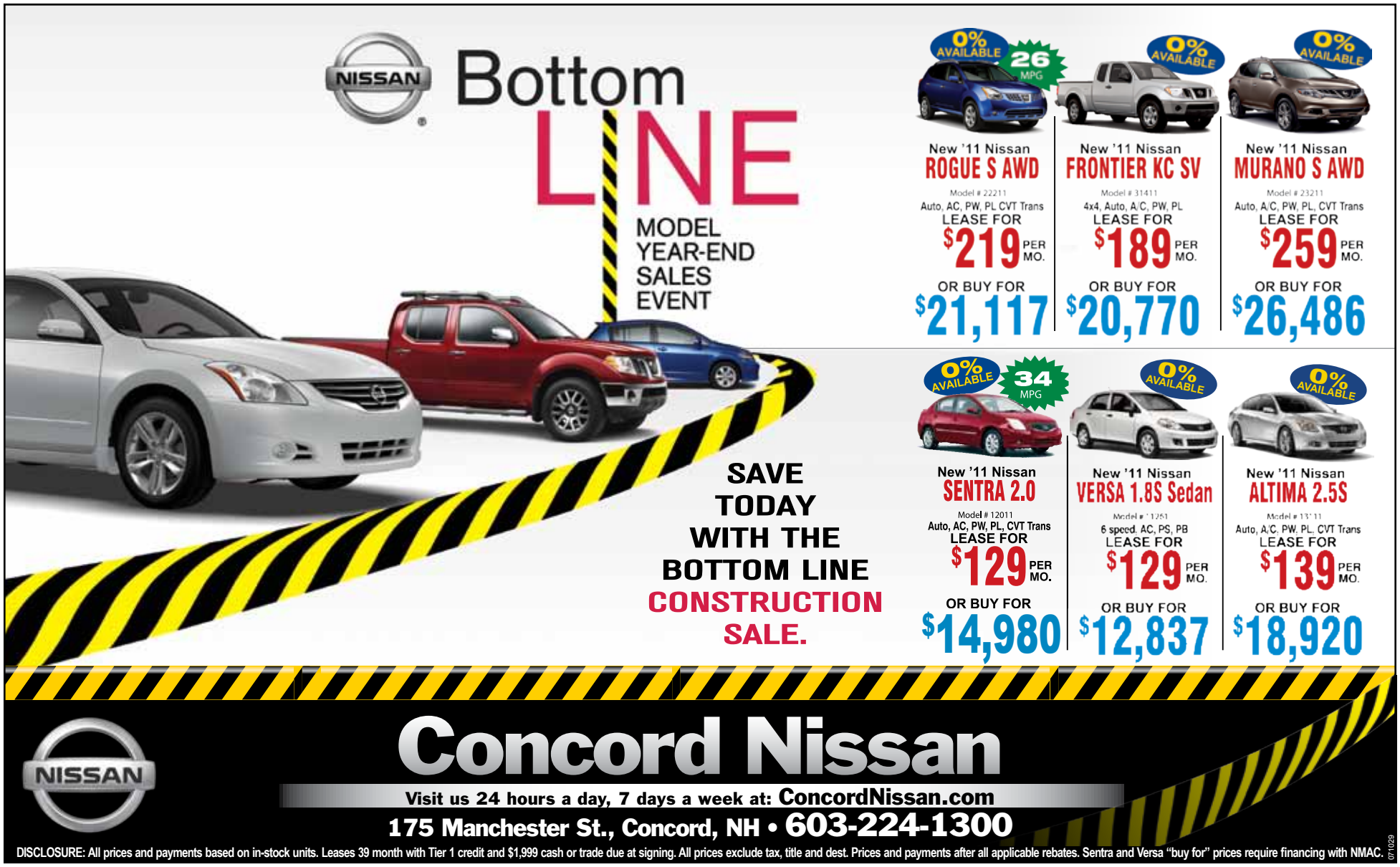
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Weekly Dish

Notes from the local food scene

By Angel Roy
aroy@hippopress.com

• **The wait is over:** Mint Bistro, 1105 Elm St., Manchester, 625-6468, www.mintbistronh.com, is scheduled to celebrate its grand opening as an Asian fusion eatery on Monday, Aug. 1. The reborn restaurant will hold a soft opening from Thursday, July 28, through Saturday, July 30. The new space features a sushi bar that will be open Thursday through Saturday until midnight and a new bar that offers a new martini list and boasts 10 draft beers. "I'm excited to get into the new menu, the new place, the new vibe, the new lounge feel – just the sushi bar is a really great addition to Manchester, I think," said Mint Bistro owner Roi Shpindler. "I'm just happy to be back and happy to cook."

• **"Dogs need cake too":** Michelle Moulin, owner of Michelle's Gourmet Pastries & Deli, 819 Union St., Manchester, 647-7150, www.michellespastries.com, took note of the popularity of her homemade peanut butter dog biscuits and has added beef-flavored cupcakes for canines to her menu. The sugar-free cupcakes, priced less than $4 each, are made using beef-flavored baby food and are frosted with peanut butter. Some customers have requested to have their pup's name written on the cakes and have picked up a few extra to serve at doggy birthday parties. "Dogs need cake too," Moulin said.

• **The stamp of approval:** The Amherst Planning Board has approved final plans for a new LaBelle Winery. "We are so excited," said winery owner Amy LaBelle. The new space will featured a tasting room, a small function room that can hold up to 20 people and an event center that can seat up to 200. Each room will also have its own terrace. The new winery will also allow for state-of-the-art wine equipment to be used to "really take wine making to the next level to be sure that what we're producing is a world-class wine," LaBelle said, adding that the installation of a bottling line will increase daily production from 200 cases to nearly 800. "Business has been bursting at the seams," LaBelle said. "I can't wait to expand and make more wine; it is critical that we increase our wine volumes … the demand is there." LaBelle said there is a waiting list of wholesalers looking to carry LaBelle wines. LaBelle hopes to break ground in August and open the new winery next spring. She plans to start booking weddings for Aug. 1, 2012.

• **A new adult refreshment:** Tuscan Kitchen, 67 Main St., Salem, 952-4875, www.tuscan-kitchen.com, has added a new summer cocktail, Tuscan Lemonade, to its offerings. The summer cooler, made with 2 ounces of raspberry rum, a splash of cranberry juice and a splash of Sprite and garnished with a lemon, is served chilled and will be available through the summer.

• **This one's for the girls:** Jocelyn's Mediterranean Restaurant & Lounge, 355 South Broadway, Salem, 870-0045, www.jocelynsrestaurant.com, will host a "Ladies Night Out" shopping event on Thursday, July 28, from 6:30 to 8:30 p.m. Nearly 30 vendors will be

Continued on page 36

The garlic harvest is in

Canterbury farmer has products ready for sale

By Angel Roy
aroy@hippopress.com

While as a rule farm animals do not feast on garlic crops, it is not unusual for Naomi Scanlon to catch a whiff of the unmistakable root vegetable on the breath of her lone white cow, Fritha.

"She's the one that loves garlic," Scanlon said before switching her attention to her friendly goat, Peaches. "Peaches loves the scapes, those are her favorite."

Scanlon said it was her farm livestock, primarily her goats and sheep, that got her into the garlic business many years ago, as she was seeking a crop that would work well with the animals. As lambing and kidding season falls in the spring when garlic is just starting to grow, Scanlon thought it would be a good fit.

Eight thousand garlic bulbs, grown on a "fat half acre" of land, now line the floor of Scanlon's parents' barn in Canterbury, each planted and picked individually by Scanlon and a few local helpers. Scanlon also snips each scape, the false flower stem of the garlic, by hand in mid-June, after its first curl.

"Scapes are great for stir-fry," she said. "You treat them as you would garlic or asparagus. You can make a pesto with them."

Scapes curl twice before uncurling. When the bend in the scape is at a right angle it often indicates that it is time to harvest the bulbs. As Scanlon snips the scape off before it uncurls, she uses the bulb's leaves as her compass. When the sixth one begins to die, she begins the harvest.

Scanlon began harvesting her garlic on July 15, five days earlier than in prior years. The garlic will be hung and dried in her parents' barn to allow the bulbs to cure. Drying the garlic cures the bulb, making the shell around the clove harder and tighter. It also dries out the wrapper and extends the shelf life of the garlic. Garlic bulbs have a shelf life of up to three months.

Scanlon planted her crop on Columbus Day weekend, burying each clove three inches deep in hills of rich, organic soil. The crop was then covered with three to four inches of mulch. The winter gives the bulbs time to develop their flavor, but Scanlon noted that if garlic is left in the ground for too long the bulbs will begin to break open in the soil and each clove would become a new bulb.

Scanlon received a grant from the National Resource Conservation Service for a 30- by 72-foot-high tunnel to grow her garlic under.

"I still have some kinks to work out but it definitely shows great promise," Scanlon said of the tunnel growing system.



Garlic grown and harvested by Naomi Scanlon of Canterbury. Angel Roy photo.

"Covered crops are great for controlling water, but it means that even if it's pouring outside you have to go out and water the crops," Scanlon said, adding that garlic needs more than an inch of water a week and must go without water for the two weeks prior to the harvest. The tunnel did, however, meet Scanlon's expectation of allowing the harvest to begin earlier.

Scanlon sells scapes, garlic bulbs and garlic jellies and powders at the Concord and Hooksett farmers markets under the name Two Sisters Garlic. She also sells her jelly at the Canterbury Country Store.

"It's hard to sell [the jellies] retail because people who are garlic-crazy will pick them up but [those who are] not … will need to taste it," Scanlon said. "If they taste it probably 99 percent of people are sold on it."

Scanlon uses her garlic to make a variety of garlic jellies including red pepper, rosemary ginger, mint and simple (just garlic). "The first year we didn't make the simple jelly because we thought no one here would see garlic jelly and want to eat it," Scanlon said, adding that she added the plain flavor because her customers began to request it. The simple and rosemary ginger can be used as a glaze for chicken or a roast. The rosemary ginger also makes a good Chinese food topping, Scanlon noted.

"You can use [garlic jelly] any way you would use mustard or ketchup," she said.

Garlic Day at Naomi Scanlon's farm

Scanlon's garlic and garlic products will be available for tasting and purchase. She will also conduct a workshop on how to grow garlic.
When: Saturday, Sept. 17, from 9 a.m. to 4 p.m.
Where: 23 Clough Tavern Road, Canterbury

Garlic Scape Pesto

submitted by Warner River Orchard in Webster

1 cup garlic scapes (about 8 or 9 scapes), top flowery part removed, cut into ¼-inch slices
1/3 cup walnuts
¾ cup olive oil
¼ to ½ cup grated parmesan
½ teaspoon salt
black pepper to taste

Place scapes and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of the bowl and into a mixing bowl. Add parmesan to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week in an airtight refrigerated container.

For ½ pound short pasta, such as penne, add about 2 tablespoons of pesto to cooked pasta and stir until the pasta is well coated.

She be jammin'

Pittsfield cook fills jar after jar for farmers market sales

By Angel Roy
aroy@hippopress.com

With a bowl of black raspberries sitting on her kitchen table surrounded by two dozen jars of jam the same deep purple as the fruit, it is easy to see that Brenda Towle had already been hard at work that day. And it was only 10 a.m.

When Towle was growing up, her mother always made her own jam and grape jelly. When Towle became a mother, she began doing the same. She now sells her jams and jellies under the Molly Lane Kitchen name. Towle resides on Molly Lane in Pittsfield. She first began selling her products at the Pittsfield Farmers Market 15 years ago but is now a vendor only at the Concord winter and summer farmers markets.

"The farmers market is my main focus right now," Towle said. "I've built a lot of repeat customers over the years."

Some customers, she noted, have even begun returning their jars to her to be filled, which saves her money. Towle used eight-ounce bell jars when she started her business but now orders pallets of more than 500 small hexagonal glass jars.

Farmers markets also give Towle the leeway to experiment with new products. "When you sell at a retail store, you have to be careful that all of your varieties have been tested," she said. Towle's jams are made with crushed or chopoed fruit, pectin, lemon juice and sugar, and her jellies with strained fruit, pectin and sugar.

Towle uses freshly picked fruit in season whenever possible but noted that in the winter she is forced to use frozen fruit. She just wrapped up her season of making strawberry and rhubarb jam and jelly and is getting ready to start working with peaches. Both Towle and her mother grow most of the berries and peaches used. Her mother also grows pears and, in the fall, apples. Towle also often shops at local farms that offer pick-your-own produce.

Habañero peppers are used in Towle's

orange-colored hot pepper jelly, which pairs nicely with whipped cream cheese. Other spicy Molly Lane varieties include cranberry habañero and mango habañero, both new additions to Towle's product line.

"They're hot but there are a lot of fans of really hot jelly out there," Towle said. Blueberry orange amaretto (made with blueberry, orange peel and splashes of amaretto and orange juice) and blueberry lime (which most customers say has a "zesty" flavor) are other new jelly flavors.

"I started off with just the basic raspberry and strawberry [varieties] but I've got to where I can get into flavors," she said. "It's really fun."

Raspberry, raspberry amaretto, and strawberry rhubarb spreads reign supreme in sales for Towle, who has recently added sugar-free strawberry and raspberry varieties to her line at the request of customers. In lieu of sugar, she uses blue agave syrup and unsweetened fruit juice.

"I don't want to get too big … I want to keep small and do small batches," Towle said.

She also makes an apple butter in the fall, cooking down the fruit into a sauce-like texture. Spiced port wine jelly, also a good match for whipped cream cheese, is a wintertime favorite as it is made with nutmeg and cloves.

Most of Towle's recipes are tweaked from ones found online and in the nearly two dozen jam and jelly cookbooks that line a desk in her kitchen, including *Well Preserved: A Jam Making Hymnal* by Joan Hassol and *The Complete Idiot's Guide to Jams, Jellies and Preserves*. "The possibilities are endless if you look through these books," she said. Towle makes between 50 and 100 jars a week during the summer, a task that can take up to 30 hours.



Molly Lane Kitchen jellies. Angel Roy photo.

"I try to build an inventory of only 200 jars because they don't keep too long," she said, calling her business a "labor of love." Unopened and stored in a cool place, the jams and jellies can stay good for nearly two years. They have a shelf life of six months when open and kept in the refrigerator. Towle opted for jar tops with a button seal to indicate whether they have been opened.

"I just think if you taste jam out of the grocery store and then taste jam made with fresh-picked fruit, you can definitely see a difference," she said.

Molly Lane Kitchen products are available at the Concord Farmers Market (Saturdays from 8:30 a.m. to noon on Capitol Street), Johnson's Golden Harvest in Hooksett and Berry Bogg in Strafford.

Sandwiched downtown

Midtown Café nestles in Manchester's Beacon

By Angel Roy
aroy@hippopress.com

When you round the lobby of the Beacon building on Manchester's Elm Street on weekday mornings you will be greeted by the smell and sizzle of breakfast. The kind that can pull you out of bed even on the dreariest of days.

"This is your typical little New York-style shop setup," George Lawrence said of the Midtown Café, which he opened behind Grolen Communications the first week of July with his daughter, Red Arrow Diner owner Carol Sheehan. The Red Arrow satellite offices sit adjacent to the entrance of the new café.

Sheehan said she and her father felt there was a need in the building for an eatery. Lawrence noted it as a good spot because of the traffic the café would see from local businesses and passersby.

The Midtown Café, a concept Lawrence said he had in mind for some time, offers cuisine and atmosphere not found at the Red Arrow. The menu at the neutral-colored café, written on dry erase boards hanging behind the counter and scrawled in colorful chalk on sandwich boards indoors and out, is packed with specialty coffee, breakfast and lunch items.

"I've been trying them all — I'm almost sandwiched out," Lawrence joked.

The Red Arrow does have a small presence at the café as the diner's cream pies, whoopie pies and Dinah Fingers can regularly be found in the bakery case.

The café's specialty sandwiches, served on Pepperidge Farm bread or wraps or as panini, are named for the historic buildings lining Elm Street. The café is housed in the Beacon (roast beef, applewood smoked bacon, baby spinach, roasted red peppers, horseradish sauce) building, adjacent to the 7-20-4 Cigar building (the sandwich bearing the same name is made with roasted turkey, smoked ham, applewood bacon, romaine, tomato and mayonnaise). The Vasil (diced chicken, applewood smoked bacon, avocado, roasted red peppers and seasoned mayonnaise) sits on one side of the Beacon and the Laam (fresh vegetables, mozzarella, tomato and hummus) building on the other.

"Some people will come in and say, 'I work there, I'll have the City Hall (diced chicken breast, sweet apples, walnuts, cheddar, seasoned mayonnaise)," Lawrence said.

The "Back to Basics" menu of classic sandwiches, which Lawrence called the café's "hidden jewel," includes a roast turkey club, chicken salad (regular or with apples and wal-

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nuts), smoked ham and cheese, tuna salad (made with fresh white albacore tuna) and grilled cheese (made with your choice of American, Swiss, cheddar or mozzarella cheese). Three fillings and vegetables can be added to each basic sandwich, most at no charge.

"We will bend to please," Lawrence said of allowing customers to create their own sandwiches. "That menu can work any way."

Turkey used in the sandwiches is roasted in house and the applewood bacon prepared daily.

"'Fresh' applies to everything here," he said. Made-to-order salads are also menu mainstays.

The café serves breakfast daily until 1 p.m. and its early-riser options include bagels and breakfast scrambles with cheese, bacon, ham or veggies. Java Tree coffees, made in Manchester, arrive at the shop "warm and roasted just for us," Lawrence said. Lattes, cappuccinos, smoothies, iced tea, chai and "good ol' espresso" are also among the beverage offerings at the café.

Four two-top tables are set up for customers in the atrium of the Beacon building and seating for six will continue to be set up on the sidewalk in front of Grolen during the summer. Lawrence said more seating can always be added.

"If [the staff] knows you're outside they'll bring your food to you," he said.

Seasonally flavored coffees and hot soups will likely make their way onto the menu, and Lawrence noted the possibility of offering ice cream next summer. Crepes will be coming up the pipeline in the near future.

"The sky is the limit," Lawrence said. "It really is."



Morning specials at Midtown. Angel Roy photo.

Midtown Café
814 Elm St., Manchester, 935-5401, www.midtowncafenh.com
Hours: Monday through Friday, 7:30 a.m.- 2:30 p.m.

Weekly Dish

continued from page 34

featured at the event, including Lia Sophia, Pampered Chef, Sweet M's Bake Shop and Grace Professional Cosmetics. Drink specials will also be offered.

• **A smoke and a scotch:** Bedford Village Inn, 2 Olde Bedford Way, Bedford, 472-2001, www.bedfordvillageinn.com, has partnered with Twins Smoke Shop to host its fifth annual cigar dinner on Thursday, Aug. 4, at 6 p.m. The evening will feature a four-course menu paired with craft beers from Bert's Better Beers in Hooksett. A glass of Mount Gay rum or scotch will be served with the dessert course. Rocky Patel, of Rocky Patel's Premium Cigars, will be a featured guest at the event. The dinner costs $85 and reservations are required.

• **The other white meat festival:** Grace Episcopal Church will host the second annual East Concord Pork Festival at Merrill Park on Sunday, Aug. 14, from noon to 3 p.m. The event will feature roast pork, hamburgers, hot dogs, baked beans, potato salad and an array of desserts. Local vendors will sell crafts at the festival. The event is free and open to the public (the food is sponsored by Quality Cash Market) but donations will be accepted. All proceeds will benefit Take-A-Tote Ministry, an organization of the church that feeds hungry schoolchildren in Concord. Call 224-2252 or visit www.graceeastconcord.com.

• **Support Meals on Wheels this summer:** The 32nd Annual Meals on Wheels Summer Picnic will be held rain or shine at St. Philip Greek Orthodox Church, 500 W. Hollis St., Nashua, on Thursday, Aug. 18, from 10 a.m. to 3 p.m. The picnic will feature chicken and ribs, broccoli raisin salad, baked beans, watermelon and strawberry shortcake. Games for children and families, raffles, dancing and bingo games will be held throughout the event. Tickets cost $13 at any of the 12 St. Joseph Community Services sites in Hillsborough County. Call 424-9967 or visit www.mealsonwheelsnh.org.

FOOD LISTINGS

Farmers markets

• **AMHERST** at the Village Green on Church Street, Thursdays through October from 2:30 to 6:30 p.m.

• **AMHERST — ST. PAUL** at St. Paul Lutheran Church, 3 Craftsman Lane, www.stpaul-amherst.org, on Fridays from 4 to 7 p.m.

• **BEDFORD** at Benedictine Park off Route 101 on Wallace Road, www.bedfordfarmersmarket.org, Tuesdays 3 to 6 p.m.

• **CANTERBURY** in the Elkins Library parking lot on Center Road, ccfma.net, Wednesdays from 4 to 6:30 p.m. through October.

• **CONTOOCOOK** at Fountain Square in front of the train depot, (find them on Facebook), Saturdays, 9 a.m. to noon, through Oct. 15.

• **CONCORD** on Capitol Street next to the Statehouse, on Saturdays, 8:30 a.m. to noon.

• **CONCORD — THE HEIGHTS** at Stove Barn, 249 Loudon Road in Concord, www.facebook.com/HeightsFarmersMarket, on Thursdays from 3 to 7 p.m.

• **DERRY** at Derry Parket Park on West Broadway, www.derry.nh.us, on Wednesdays, 3 to 7 p.m., through Sept. 28.

• **HENNIKER** 931 Flanders Road, www.hennikerfarmersmarket.us, Wednesdays from 3 to 6 p.m.

• **HILLSBOROUGH** at Butler Park, counter of Main and Central streets, Saturdays, 9 a.m. to noon, July through September.

• **HOOKSETT** at 1292 Hooksett Road near Dunkin' Donuts and Walgreen's, (find them on Facebook) Wednesdays from 4 to 7 p.m.

• **LACONIA** City Hall parking lot on Beacon Street, www.laconiafarmersmarket.com, Saturdays from 8 a.m. to noon.

• **LACONIA — MAIN STREET** Municipal parking lot between Main and Pleasant streets (find them on Facebook), Thursdays, 3 to 7 p.m.

• **LEE** Old Fire Station on Route 155,

Continued on page 38

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THE SUMMER FOOD CHALLENGE

Woman vs. poutine

The eating challenges continue with cheese and gravy

By Angel Roy
aroy@hippopress.com





Angel Roy, defeated by cheese. Courtesy photo.

I am very bad at this whole competitive eating "training" thing. I guess my summer has just been filled with too many opportunities to indulge in good food. I had to be careful when scheduling my Grand Poutine Challenge at Chez Vachon in Manchester as I did not want it to interfere with the appetite I would need for a four-course wine dinner at 900 Degrees, which I ended up eating the night before my attempt.

I took my last bite of peach and almond crisp at 9:30 p.m. and because I am forced to wake up at 6 a.m. to avoid the construction taking place in my apartment, I faced seven hungry hours before the challenge.

I walked into a crowded Chez Vachon at the tail end of lunch hour last Thursday and tucked myself into a booth in the rear room of the restaurant to avoid public humiliation.

A brief wave of panic washed over me when I realized I'd forgotten my iPod — how was I going to sit by myself and eat an enormous quantity of food for an hour in silence, without Lady Gaga? Lucky for me, Chez Vachon owner Jessica Perkins kept me company, and gave me a barf bucket, during my endeavor.

Perkins and her husband Robert began offering the Grand Poutine Challenge last October when they celebrated their one-year anniversary of owning the iconic Kelley Street eatery. The challenge tasks diners with eating five pounds of poutine (pronounced puts-in) in one hour. Poutine is french fries covered in gravy and Canadian cheese curd. Trying to eat five pounds of that didn't seem very difficult until Perkins plopped it in front of me. On a plastic tray sat two and a half pounds of french fries, one pound of cheese and a pound and a half of steaming hot gravy (yes, a pound and a half of gravy alone!). Perkins said she and her husband had originally thought to make the challenge seven pounds but did not think it was humanly possible for anyone to eat that much. It is barely possible for anyone to even eat five.

My game plan was to eat one pound of poutine every 20 minutes. What a lofty goal that was.

Two challengers, both men much larger in size than I am, have cleared their tray, one in 38 minutes and the other in 41, and their photos are hung on the "conquered" side of the Challenge wall. They also received T-shirts commemorating their achievement. Eight, soon to be nine, framed pictures, fill the "forfeited" side.

"My husband has always said, if you can't do the majority of it in the first half hour, you won't be able to do it," Perkins said. "After the first half hour your stomach will start to feel full."

I couldn't even make it a half hour into the challenge as after eight minutes of eating at a steady pace I was full — totally full. As I pushed myself to the 14-minute mark I felt like I had been eating for hours. I began to buckle under pressure around the 20-minute mark, as did the tray holding the monstrous meals because it was audibly cracking from the heat of the gravy.

I had to tap out at 22 minutes, making it only about a fifth of the way through the challenge, but Perkins gave me a T-shirt anyway, not the kind the winners get but one that dares others to attempt the challenge. She said she was impressed by my attempt, that she didn't think I would be able to eat as much as I did.

"It comes to a point in the restaurant business that you have an idea of how much people can eat and I am rarely surprised … I must say, you surprised me," she said.

Know of a food challenge you would like to see me attempt? Know anyone who has won one? E-mail me at food @hippopress.com.

Continued from page 36

Thursdays from 3 to 6 p.m.

• **MANCHESTER** held on Concord Street near Victory Park in the downtown area Thursdays from 3 to 6:30 p.m. through Oct. 20.

• **MANCHESTER — INTERNATIONAL** farmers market runs Tuesdays at the International Institute of New Hampshire, 315 Pine St., Manchester, and Wednesdays at Lafayette Park, 92 Amory St. in Manchester, both from 3 to 7 p.m.

• **MERRIMACK** at Tractor Supply Co., 515 DW Highway, Wednesdays from 3:30 to 6:30 p.m., through Sept. 28.

• **MILFORD** at Granite Town Plaza on Elm Street, www.milfordnhfarmersmarket.com, Saturdays from 9 a.m. to noon, through Oct.

• **NASHUA — SUNDAY** The Main Street Bridge Farmers Market in Nashua will run Sundays from 10 a.m. to 2 p.m. through Oct. 23.

• **NASHUA — FRIDAY** The City Hall Plaza Farmers Market in Nashua runs Fridays from noon to 6 p.m. weekly through Sept. 30.

• **NEW BOSTON** Town Common, www.newbostonfarmersmarket.webs.com or find them on Facebook, Saturdays 9 a.m. to noon through October.

• **PENACOOK** Rolfe Homestead, 11 Penacook St., Mondays from 4:30 to 7 p.m., through October.

• **PLAISTOW** 145 Main St., Thursdays from 2 to 6 p.m., Aug. 4 through Oct. 20.

• **TILTON — TANGER OUTLETS** at exit 20 off Interstate 93 on Wednesdays, through Sept. 21, from 3 to 6 p.m.

• **WARNER** Town Hall Lawn, Saturdays from 9 a.m. to 1 p.m., through October.

• **WEARE** the We Are 1 Farmers Market is at the Gazebo, Fridays from 3:30 to 6:30 p.m. through Oct. 7. A winter market will run Fridays from 4 to 6 p.m. at 290 Quaker St. See www.weare1farmersmarket.org.

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Get philosophical about wine

Reading Between the Wines by Terry Theise

By Paulette Eschrich
food@hippopress.com

This year I've read a couple of books by wine importers: *Adventures on the Wine Route* by Kermit Lynch and *Passion on the Vine* by Sergio Esposito. When I picked up *Reading Between the Wines* by Terry Theise I expected the same insider's perspective on winegrowers and their favorite haunts. Theise does seek wines that are authentic representatives of the place they are made and lauds the winemaker who shepherds them from grape to wine.

Theise specializes in wines from Germany and Austria with Champagne thrown in for good measure. However, his close friendships with winery owners take a back seat to his views on everything else about wine. He expounds on his initiation into the world of wine, and his infatuation with German wines. What captivates the reader is his desire to engage wine drinkers in going beyond the typical evaluation and detailed descriptions of a wine's characteristics. He encourages a more holistic immersion in the wine experience, going beyond the senses into a spiritual communion with wine, praising the social aspects and wines that express individuality, that touch us beyond words.

Theise exhorts those who are serious about learning about wine to select one white grape and one red grape to explore. He suggests trying every variation you can find of that type — say Chardonnay — from every region. Try different levels of alcohol, wines that were oaked or aged in stainless steel, explore different clones of the grape. Immerse yourself until you know that grape in every guise, every vintage variation. You will be able to identify the soul of that grape. You will learn which foods shine when served with that wine and which are less memorable. Once you tire of that pair, move on to another set of grapes, thus training your palate in a way that is personal and complete.

My favorite section is when Theise voices his objections to the ubiquitous point scores that are awarded to wines like athletes in the Olympics. What if readers gave point scores to authors for each paragraph or chapter of a book? Who decides the criteria that confer a perfect score? Does it make you laugh out loud or reduce you to tears? Just as with wine, we relate to a story based on our life experience. How can someone else's experience be more valid, more real than our own?

Michael Skurnik markets Terry Theise's portfolio of wines. Unfortunately, New Hampshire does not have a distributor for his wines. The website for Michael Skurnik contains downloadable copies of the Theise wine catalogs, and they are full of detailed information about the regions and current vintages. They are just as entertaining and insightful as his book.

For my Book Club participants I decided to sample moderately priced wines from Austria and Germany from the New Hampshire Liquor and Wine Outlet in Nashua.

2009 Domaine Wachau Gruner Veltliner, **Federspeil Terrassen, Austria** (NH Code 14491) $16.99

Gruner Veltliner is the most widely planted grape in Austria, producing a pale, lively white wine. Referred to as GruVe by many, it is one of the few wines that work with asparagus and artichokes, although in Austria it is usually paired with pork or veal schnitzel. This is a light, refreshing alternative to Sauvignon Blanc or Torrontes, with balanced acidity and a bone dry finish.

2009 Schloss Walhausen Two Princes Riesling, **Nahe, Germany** (NH Code 41633) $12.99

I tried this wine several years ago after reading a favorable review. It consistently gets good ratings and is hailed as a great value wine. For me, it is dependable, off dry with notes of peach and melon and finishing with lime. It doesn't display the characteristic petrol on the nose of German Rieslings, yet it is distinctly Riesling in every other way. Perfect for a summer picnic or paired with Asian food.

2010 St. Urbans-Hof Riesling, Mosel, Germany (NH Code 446) $14.99

This venerable winery makes many stellar Rieslings, so it is no surprise that their basic Riesling offers both value and predictable quality. This has more body and more viscosity than the Two Princes. The nose entices with honey, papaya and apricot leading to an almost buttery finish. Serve this wine with a cheese course or a chilled chicken salad.

2006 Valkenberg Pinot Noir, Rheinhessen, Germany (NH Code 39017) $13.99

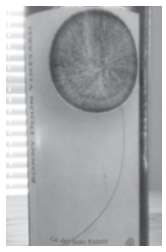
On a hot summer's eve I tend to serve Pinot Noir or other light reds with a slight chill. The brick color indicates the age of this red, yet the floral nose and subtle black cherry are still engaging. Not the most complex Pinot Noir, but ideally suited for casual sipping.

This will be my last column as wine writer for the Hippo. I want to thank all of you who have followed my journey over the past year. I owe a debt of gratitude to the distributors who responded to my requests for information on where their wines could be purchased. Many thanks to the wine shop proprietors who invited me to wine tastings and suggested topics for me to write about. Most especially I want to thank Amy Diaz for giving me this rewarding opportunity to share my love of wine with you.

Paulette Eschrich works at LaBelle Winery in New Hampshire and leads a monthly wine book club at WineNot Boutique in Nashua.

Red, white and green

A lot of wine, a little cash





In keeping with all the salads we've been eating for dinner, we kept the focus on whites and in particular the under-consumed Spanish grape, Albarino. As a grape the Albarino isn't widely known here, but it should be. It's a complex white grape that can both be sharp in flavor (dry) and very complex in its finish, giving the varietal a fullness that feels very lush.

The **2009 Martin Codax Rias Baixas Albarino** ($12.49) from Spain is a lovely full wine that is great by itself or paired with a barbecued chicken from the grill. The Martin Codax is white gold in color with hints of vanilla and citrus on the nose and is on the dry side of whites. We tried this wine by itself, with bread and with a light cheese. We found that the light cheese quieted the citrus and brought out more complex flavors (including a nice full mineralness). This ended up being a very full-bodied white that could stand up to fatty foods but also had enough sweetness, though on the dry side, to be a nice sipping wine.

The **2009 Ca' del Solo Estate Vineyard Albarino** ($18.99) from California and contrasted nicely with the Martin Codax Albarino from Spain. The Ca' del Solo is from the Monterey region known for some of its cooler-climate grapes of Chardonnay and Pinot Noir. The climate in Monterey gives us a slight hint that this Albarino will be dry and it is. It's a greenish yellow color and has hints of grapefruit on the nose. While this is a full-bodied white, we found that it was pretty aggressive in its dryness at first (made us pucker up a bit), but as it warmed a bit on our glasses (whites should be served at 55 degrees, but this one would be fine at 60 or a bit warmer) it settled down to a charming, almost floral wine. We thought the citrus of this wine would go well with a cheese-based dish. When we tried it with a mild provolone we were impressed with how well the cheese worked with the wine. The citrus of the wine was brought under control and we were able to taste and enjoy the other, more subtle flavors.

Each week in "Red, White & Green," two wine-lovers look at red and white wines, none over $20 (and most under $15), in an attempt to find some great bottles for good prices. All prices are according to the state liquor store (nh.liquor.state.nh.us) unless otherwise stated.

DRINK LISTINGS

Breweries/Distilleries/Cider

• **ANHEUSER-BUSCH** 221 DW Hwy, Merrimack. Complimentary tours include a visit to the Clydesdale Hamlet, home of the world-famous Budweiser Clydesdales. Open daily 10 a.m. to 5 p.m. Call 595-1202.

• **FARNUM HILL CIDERS** 98 Poverty Lane, Lebanon, 448-1511, www.farnumhillciders.com

• **ELM CITY BREWING COMPANY** Colony Mill Marketplace, 222 West St., Keene, 355-3335, www.elmcitybrewing.com. Restaurant, brewery and pub, open Mon.-Thurs., 11:30 a.m. to 11 p.m.; Friday and Saturday, 11:30 a.m. to midnight; Sunday 11 a.m. to 9 p.m.

• **REDHOOK BREWERY** 35 Corporate Drive, Pease Tradeport, Portsmouth, www.redhook.com, produces Redhook ales and features the Cataqua Public House offering brews and a pub menu. Tours offered Monday and Tuesday at 2 p.m.; Wednesday and Thursday at noon, 1, 3 and 4 p.m.; Friday and Saturday every hour on the hour from noon to 4 p.m.; Sunday every hour on the hour from 1 to 4 p.m. For private tours, call 430-8600 ext. 327.

• **SMUTTYNOSE** 225 Heritage Ave., Portsmouth, smuttynose.com, 436-4026. Free tours to the public Friday at 3 p.m. and Saturday at 11 a.m.

• **TUCKERMAN BREWING COMPANY** 64 Hobbs St., Conway, 447-5400, www.tuckermanbrewing.com, offers tours every Saturday at 3 p.m.

Classes/workshops on wine/beer making

• **SPLIT A BATCH OF BEER** at IncrediBREW, 112 DW Hwy., Nashua, 891-2477, incredibrew.com, on 10 different nights each featuring a different beer (each customer will get one-third of a batch — two cases — bottles not included; each night will make only 2 batches, space is limited). Schedule is: Thurs., July 28, at 6 p.m. for Irish Red Ale ($50); Fri., July 29, at 6 p.m. for Catfish Head 60 Minute IPA ($6)); and Sat., July 30, at 9 a.m. for Oktoberfest ($50). Pick a night to brew and call for reservations.

• **HOPEHEAD BREWFEST** at IncrediBREW, 112 DW Hwy., Nashua, 891-2477, incredibrew.com, on Wed., Aug. 10, at 6 p.m. Brew two variety cases for $55 (bottles not included) of Catfish Head 60 Minute, Double IPA, Magnum Extra Special Bitter, Hopzilla, Jolly Roger IPA and Arrogant Brewer. Call to reserve a spot.

• **EUROPEAN WINEFEST** at IncrediBREW, 112 DW Hwy., Nashua, 891-2477, incredibrew.com, on Thurs., Aug. 11, at 6 p.m. Make 6 different bottles of wine for $55: Beaujolais, Chateauneuf-du-Pape, Austrian Zwigelt, Gruner Veltliner, German Riesling and Italian Pinot Grigio. Call to reserve a spot.

Classes/workshops on beer/wine tasting

• **WINENOT BOUTIQUE** 170 Main St., Nashua, 204-5569, www.winenotboutique.com, offers six-week courses on different subjects related to wine. Sign up for all six classes or for individual sessions.

• **WINE SOCIETY** (650 Amherst St. #9 in Nashua, 883-4114; www.winesociety.us) offers classes for wine-lovers of all levels. New sessions start every few months. Call for upcoming schedule.

Special wine tastings

• **BIG 6 GRAPES** WineNot Boutique, 170 Main St., Nashua, 204-5569, www.winenotboutique.com, will host a "Big 6 Wine Grapes" class on Fri., July 29, from 6:30 to 8:30 p.m. The class costs $30. All classes can be registered for at winenotboutique@yahoo.com.

• **NH WINE FESTIVAL** The New Hampshire Winery Association will hold its second NH Wine Festival on Sat., Aug. 6, from noon to 5 p.m. at the Rochester Fairgrounds in Rochester. Tickets cost $20 per person and give you 10 tasting tickets to try wine from 17 Granite state wineries. The event will also feature New Hampshire-made eats. See www.nhwineryassociation.com.

Weekly/monthly tastings

• **BUTTER'S** Weekly wine-tastings at Butter's Fine Food and Wine, 70 N. Main St., Concord, 225-5995, Thursdays, 4:30 to 6:30 p.m. Some tastings are held Fridays as well.

• **DOVER WINE STORE** 364 Central Ave., Dover, 742-WINE (9463), www.doverwine.com, on Fridays, 4 to 6:30 p.m. and Saturdays, 1 to 4 p.m.

• **THE DRINK SHOPPE** 214 Central St., Hudson, 578-1130, www.thedrinkshoppe.net, holds a free beer and steak tasting Fridays from 4 to 6 p.m.

• **DURHAM MARKETPLACE** 7 Mill Road, Durham, 868-2500, holds wine tasting on Fridays from 4:30 to 6:30 p.m.

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POP CULTURE

MUSIC, BOOKS, GAMES, COMICS, MOVIES, DVDS, TV AND MORE

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• Abbe May, *Design Desire,* **C+**

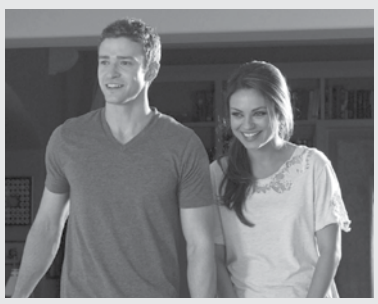
BOOKS pg51

Includes listings for lectures, author events, book clubs, writers' workshops and other literary events. To let us know about your book or event, e-mail Lisa Parsons at lparsons@hippopress.com. To get your author events, library events and more listed, send information to listings@hippopress.com.

FILM pg53



• *Captain America* **B**



• *Friends With Benefits* **B-**

Dork vs. Dork: *Cowboys & Aliens*

Musical comedies sure are getting weird lately



Con: While the presence of Olivia Wilde does set my nerd heart aflutter, I can't get past the 30-second dejected sigh that overwhelms me whenever a *Cowboys & Aliens* commercial appears. Harrison Ford does his umpteenth resurrection of his *Regarding Henry* performance as a stumble-mumbling mountain-faced sheriff who is gonna tell them aliens, and possibly some cowboys he doesn't take kindly to, to "Get Off My Great Plains." After that Daniel Craig will purse his lips and flex straight through his vest while shooting a Super Friends power bracelet at the Close Encounters ships. TARNATION! Maybe they will punch an extraterrestrial off the top of a moving train! Will someone race a burning fuse to-or-away-from a pile of TNT? Who cares? Go see *Captain America* instead.

Important note: I earnestly enjoy ridiculous horse-crap nonsense and *Cowboys & Aliens* still doesn't tingle a hair on my wispy dork mustache. It's adapted from a comic book? Well heavens to Murgatroid so is every third movie for the past 10 years! John Favreau directed it? That means that I can bet that the final reel will squander whatever good will the first two-thirds garnered and that the action will be awkward and thrill-less. I'm not expecting *Deadwood* meets Ridley Scott, hell, I would settle for *Independence Day* meets *Brisco County Jr.*, but *C&A* can't touch that. Favreau has fallen backward into a pool of money with his "meh +" *Iron Man* films and, hopefully, this will be his nerd Waterloo. Craig and Ford are going to need all that 3-D just to push their performances up to flat. Just grit your teeth for the next two weeks until they remove the branded cups from 7-Eleven and we can go back to a world were this film doesn't exist.

DAN RESPONDS

There you go, with your hating on cowboy culture! Harrison Ford as a gnarly old sheriff has far more nerd-boy cred than any old flag-waving Cappy. Ford's character's name is Col. Woodrow Dolarhyde for pete's sake; that kind of clever tip of the hat to your snarky sensibility should be enough to make you quiver like a Hot Pocket in the micro!











Pro: First, Jon Favreau directed *Elf*, and not liking that movie is grounds for arrest and incarceration. Second, Harrison Ford was Indiana Jones and Han Solo – no *Regarding Henry* will ever damage him enough to snuff out those roles. Third, Daniel Craig could pummel Sean Connery — from the '60s or today — in a fist fight. Fourth, Olivia Wilde.

To what is all this awesomeness attributed, you ask? Why, just a little movie coming out called *Cowboys & Aliens*. Maybe you've heard of it?

Let's play act for a moment, and try to imagine this as an elevator pitch.

Fat cat movie studio executive: *So, what's all this I hear about a Western movie?*

Brilliant guy who thought this up: *It's a summer blockbuster about aliens who attack the Earth, only it's 1876 and the cowboys defending the planet are Daniel Craig and Harrison Ford. And Olivia Wilde is there too.*

Fat Cat: *Boy, you've got yourself a deal!*

Honestly, I could go on and on about the writers and how refreshing it will be to see a comic book tale NOT from DC or Marvel. But why overanaylze an obvious winner? This is a movie made for summer, the kind of movie *Transformers* should be. Folks, we're on the downside of the hot days. Harry Potter and the Who Cares is behind us and we've gotten the Avengers-are-coming movies out of the way.

And aliens attacking a tiny nowhere town in the 19th century instead of, say New York, makes about as much sense as let's say the Cuban military parachuting into a mid-western town in the middle of the Cold War. But really, you just have to sit back and let the comforting sounds of horses' hooves, Colt revolvers and extraterrestrial spaceships wash over you and enjoy the moment.

GLENN RESPONDS

There have been a number of non-Marvel/DC comic adaptations and their track record is not much better. Sure, since neither Craig nor Ford can act we will be seeing another tiresome waltz of their one-note character acting and that is not a good thing. Swap the director with an artist of vision and you could make hay with those two galoots, but the triple threat of Dullard, Mumbles and Favreau is a stinker.

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POP CULTURE: CDS

Justin Hines, *Days to Recall*
Decca Records, Aug. 2



Some things just pop up out of nowhere and remind you that no matter how broke or lonely or bummed you might be, things could be worse and things will get better. A recent staple on PBS pledge drives, this guy here was born with Larsen Syndrome, a joint disorder confining him to a wheelchair, but it can honestly be said that in some respects it's been a blessing. Though honky-soulful in the manner of Amos Lee or Jeff Buckley, his voice isn't any more technically remarkable than your average *American Idol* fifth runner-up, a style that's obviously oversaturated the culture over the last few years, thus without a little bit of — what, gimmickry? — his obedient, gospel-tinged blues-rock songwriting would, I assure you, never have been heard. But man, seriously, what a special case this is, as you know if you've seen him rock out. Though musically his original tunes appeal mostly to fans whose tastes fall somewhere between Dave Matthews and James Taylor, the package as a whole is, no kidding around, a triumph of humanity. **A+** *—Eric W. Saeger*

Abbe May, *Design Desire*
Source/MGM Records, July 12



One of the larger CD-review forced-labor-camps touted this as a White Stripes-style blues-rock assault, and with visions of answers to "Doorbell" and whatnot dancing in my head I decided to download this Australian chick's LP for review in my own self-enforced content-farm. Obviously when something says "White Stripes" the term "in your face" leaps right to mind, so it was with no modicum of dismay, but similarly no surprise whatsoever, that I beheld vocal tracks that sounded like the engineer had just woken up from an all-nighter with Salem. Faraway, cheap-ass reverb is what I mean, and the album doesn't really get into crazy-insane axmanship until the third song, "Mammalian Location." There is some cool stuff on here, though, saving it from being the epic, epic acid-flashback fail I figured it'd stoop to; there's a nifty coda for "Universes," for example. You just have to get past the cheap reverb, which a lot of people, sorry to report, won't. **C+** *—Eric W. Saeger*



Playlist

A seriously abridged compendium of recent and future CD releases

• Room-temperature-IQ Wilco-wannabe TV-dramedy-backgrounders **Fountains of Wayne** release their fifth nice obedient album, *Sky Full of Holes*, on Tuesday. The lead single, "Someone's Gonna Break Your Heart," is a typical example of this easily forgotten outfit's nonsense, because it sounds like a few extras from *Scrubs* playing Rock Band to an old Oasis B-side. Yes, that's what bands aspire to nowadays, writing all their songs with a target audience in mind that consists only of sitcom-addicted marketing-droids, not that anyone in America watches network sitcoms anymore or has an actual marketing "job" in a "marketing department." Phooey, durn-burn it, remember when Iggy Pop used to swan-dive onto floors covered in broken glass to impress girls? Of course not, because rock 'n' roll has been dead that long.

• Whatever, so rock's dead, big bulletin, right? But what about retro '70s chill-soul? Well, that's still alive, and will continue to be as long as 59-year-old **Keb Mo** continues on his Ray-Charles-as-guitar-dude trip, like he does on "The Whole Enchilada," the latest single from his forthcoming new album *The Reflection*, streeting Tuesday. Guests on this album include important corporate-jazz cartoon-people Dave Koz and India.Arie.

• Hey parents, when you're not busy driving yourself insane trying to decide whether to buy a few cheap groceries or get your broken leg finally looked at by some bargain-basement doctor, you may occasionally notice horrible music noises coming from your pre-teen's TV lair. If the music noises are really, REALLY horrible, don't just blindly assume it's *Glee* or the Jonas Brothers, because it might actually be ***Victorious***, the new children's variety-music monstrosity on Nickelodeon. There will be an album of this terrible, terrible horror, cleverly titled *Victorious: Music From The Hit TV Show*, coming to the Really Horrible Music section of your WalMart on Tuesday, and I only inform you of this so that you'll know to leave the kids at home in case you go to a store next week, because think of all the cans of store-brand baked beans you could buy for the cost of an infinitely horrible album.

• Devil-bearded cowboy-boot B-lister **Trace Adkins** releases his 10th studio LP, *Proud to Be Here*, next week. Includes "Just Fishin'," his latest koochie-koo soccer-dad ballad. Yay, whatever, I hate kids. *—Eric W. Saeger*

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POP CULTURE: POP

Building a scene

Jam Factory's indie movie series finds its audience

By Adam Coughlin
acoughlin@hippopress.com

Three local filmmakers will show two short films as part of the July screening of the "Like Life, But Shorter" Indie Film Series in Manchester, which, according to founder Rick Dumont, continues to grow each month (check out www.sweatyturtle.com for complete listings of films).

"Things are going pretty well," Dumont said. "We are starting to build an audience and we have people who are coming back each month. Last month we were packed."

The Indie Film Series was designed to provide a venue for independent filmmakers who otherwise might not have an affordable location to show their work. It allows the public to see movies they wouldn't see at their local cineplex.

One such movie is *Bundle of Joy*, a short film created by New Hampshire filmmakers Melissa Sweatt and Rebecca Howland. The short is about a woman in the 1920s who excitedly waits for the mailman's arrival.

A short is typically no longer than 45 minutes, according to Dumont, who is himself a filmmaker. *Bundle of Joy* takes the time frame and condenses it even more, as Dumont said it is only 10 or 15 minutes long. It's a silent film, in black and white.

"It is absolutely hysterical," Dumont said. "It is a new, old-fashioned silent film in the vein of Charlie Chaplin."

Silent films today, when done correctly, can still mesmerize a crowd. *The Artist*, a black and white silent French film about the glory days of silent film in Hollywood, dazzled audiences at this year's Cannes. This is the sort of reaction Dumont hopes *Bundle of Joy* will evoke.

It won't be alone. Manchester's own Rob Azevedo will be showing his short, *Heavy Seven*, which took home the Best Short Film prize at the 2010 Somewhat North Of Boston (SNOB) Film Festival in Concord. Dumont described it as intense but with injections of humor. It is about an older man who takes stock of his life through what he sees in the world around him.

"It is really well done," Dumont said.

Dumont said the challenge of a short film is that the creator must suck the audience in right away, so they are invested and wondering: why is this happening? He likened a short to a television drama or sitcom.

In a full-length movie, the filmmaker has more time to flesh out the story and fill in the gaps. But with a short, much is left to the audience's imagination, which can work in the filmmaker's favor. "Whether you make a short or a feature film depends on the story," Dumont said. "You've got to decide what is the best way to tell your story."

The fact that it's short doesn't mean it is any easier to create. As Dumont noted, he is very verbose and must write tons of words and then go back and edit, edit, edit.





(top) *Bundle of Joy*. (left) *Heavy Seven*. Courtesy photos

Filmmakers turn to black and white not as a cost-saver but because the rarity of it these days can help add an emotional element to the film. The starkness of black and white images can bring a quality to the piece color simply cannot.

"I know some filmmakers who only want to make short films," Dumont said.

The reason shorts don't get more mainstream attention is because the market for them is not as widespread. Filmmakers know if they are going to create a film that makes them money, it will most likely be a feature.

"You can't go to your cineplex and watch shorts," Dumont said. "Hollywood doesn't make any." However, when a director sends a short out to a festival there is always the chance a producer loves it and wants to expand it into a feature film.

But since the Indie Film Series celebrates diversity, a feature film will be shown on July 30 as well. *Joy and the Apocalypse* is the work of Vermont's Daniel Black of Fatfoot Films. The film tells the story of Joy and Benjamin, who are living their last day on Earth before a meteor destroys the planet. Even in this epic setting, the two try to solve their own interpersonal issues. The movie stars Vanessa Leigh of Epsom.

"Like Life, But Shorter" Indie Film Series
When: Saturday, July 30, at 8 p.m.
Where: Jam Factory, 1211 Elm St., Manchester
Tickets: $10 suggested donation at door
More info: Must be at least 21 years old. Visit www.sweatyturtle.com or call 731-8163

POP CULTURE: BOOKS

BOOK & LECTURE LISTINGS

Author events

• **MICHAEL LEVY** will talk about *Kosher Chinese* on Thurs., July 28, at 7 p.m. at Gibson's Bookstore, 27 S. Main St., Concord, 224-0562, www.gibsonsbookstore.com.

• **ALLAN S. TEEL** will talk about his forthcoming book, *Alone and Invisible No More: How Grassroots Community Action and 21st Century Technologies Can Empower Elders to Stay in Their Homes and Lead Healthier Happier Lives*, on Tues., Aug. 2, at 7 p.m. at Water Street Bookstore in Exeter. Teel is a family physician in Damariscotta, Maine.

• **STEVE HIMMER** (*The Bee-Loud Glade*), **FREDERICK REIKEN** (*Day for Night*) and **DAVID SCHMAHMANN** (*The Double Life of Alfred Buber*) will talk about their books on Thurs., Aug. 4, at 7 p.m. at Gibson's Bookstore in Concord.

• **KELSANG CHOKYI**, a Buddhist nun and student of Geshe Kelsang

Gyatso, will talk about his book, *Modern Buddhism*, Thurs., Aug. 11, at 7 p.m. at Gibson's Bookstore in Concord.

• **CHARLES MANN** author of *1493*, will speak on Wed., Sept. 14, at 6 p.m. in the Spotlight Café in the Capitol Center for the Arts, 44 S. Main St., Concord, 225-1111, ccanh.com, as part of the Writers in the Spotlight series hosted by Gibson's Bookstore. General admission; all tickets cost $6; order now online, by phone, or in person at the box office or Gibson's.

• **DAVA SOBEL** author of *Longitude* and *Galileo's Daughter*, will talk about her newest book, the story of Nicolaus Copernicus, on Sun., Oct. 9, at 7 p.m. in the Spotlight Café in the Capitol Center for the Arts, 44 S. Main St., Concord, 225-1111, ccanh.com, as part of the Writers in the Spotlight series hosted by Gibson's Bookstore. General admission; all tickets cost $6; order now online, by phone, or in person at the box office or Gibson's.

Lectures and discussions

• **ECHOES FROM THE PAST—PRESERVING HISTORY** presented by Paul D. Bagley, author of *Crosses in the Sky*, offering an in-depth look at one of the key weapons of WWII, the B-17. on Tues., Aug. 2, at 7 p.m. at the Wright Museum of WWII History in Wolfeboro, 77 Center St., www.wrightmuseum.org. This presentation will feature rare images from the attack on Pearl Harbor and photographs showing the air war in Europe as it is seldom seen. Admission $5. RSVPs strongly encouraged to ensure sufficient seating; call 569-1212 to reserve a seat.

Book discussions

• **THE BOOK CELLAR** in Nashua hosts a book club that meets on the first Wed. of each month, new members always welcome. Next meeting is Wed., Aug. 3, at 7 p.m., discussing Stephen King's *The Stand*. The Book Cellar is at 34 Northwest Blvd., Nashua, in the Westside Plaza, 881-5570, www.bookcellaronline.com.

• **GIBSON'S BOOKSTORE** hosts monthly book discussions. Everyone is welcome to come for all or any of the dates. Mon., Aug. 1, at 7 p.m., selecting next year's books.

• **SOCRATES CAFE** meets on the first Wed. of each month 7-8:30 p.m. at Toadstool Bookshop in Milford, toadbooks.com, hosted by Rick Branch. Curious thinkers are always welcome.

Other

• **ART SHOW OPENING** on Fri., July 29, at 7 p.m. at Water Street Bookstore, 125 Water St. in Exeter, with music and refreshments, as Maine artists Steve Orr introduces a new set of paintings. Water Street Bookstore has been home to many of Orr's multimedia pieces over the last few years. This event is free and open to the public.

• **BOOK SALE** Thurs., Aug. 4, from 3:30 to 6:30 p.m. at Manchester City Library, 405 Pine St., Manchester, 624-6550. $5 a bag.

The Book Report

• **The Pillsburys are coming:** MainStreet Warner (456-3745, www.mainstreetwarnerinc.org), a nonprofit group, is hosting a celebration of the town's Pillsbury Free Library and other Pillsbury family legacies, which include the Pillsbury Town Hall and the Margaret Pillsbury Hospital in Concord. On Thursday, Aug. 4, George Pillsbury IV (great-grandson of George and Margaret), and coauthor Lori Sturdevant will be in Warner to share facts from their book The Pillsburys of Minnesota. Also present will be local resident Larry Sullivan, author of *Nineteenth Century Libraries of Warner N.H.*; local author and historian Jack Noon; Rebecca Courser, of the Warner Historical Society, and Nancy Ladd, director of the Pillsbury Free Library. The celebration begins at 6 p.m. with a wine and cheese reception and book signing in the Jim Mitchell Community Park on the grounds of the 1840s home of George, Margaret, and Charles Pillsbury. Then at 7 p.m. there will be a talk and slideshow on "The Pillsbury Family Legacy: Contributions to Warner, Sutton and Concord" at the Warner Town Hall. For more information contact Nancy Ladd at the Pillsbury Free Library, 456-2289.

• **Writers retreat on an island:** This year's Writers-in-the-Round Creative Retreat is taking place from Sept. 8 through Sept. 11 on Star Island, off the seacoast of New Hampshire. Headed by conference chair Deirdre Randall, an award-winning singer/songwriter and hostess of Writers-in-the-Round, this retreat is open to all who wish to join and improve their writing talent. This year brings new instructors. Bob Franke has joined the retreat as songwriting instructor; his songs have been recorded by artists such as Peter, Paul and Mary; David Wilcox and Sally Rogers. Award-winning poet Jon Perrault has joined as this year's poetry instructor; he is a teacher, lawyer, and balladeer who has authored three books and was a 2007 finalist for the Comstock Review poetry contest. The Writers-in-the-Round boat leaves Portsmouth Harbor promptly at 4:30 p.m. on Sept. 8 and returns at 3 p.m. on Sept. 11. Registration is open now and financial aid is available from Star Island. Visit http://starisland.org/conferences/financial-aid/ to apply for aid. Visit the Writers-in-the-Round site at www.witrhome.org to register for the conference. You may also contact conference chairs Deidre Randall or Leslie Brenner at media@perpublisher.com, or call 431-5667 or 205-0552.

• **Brazil in Concord:** The Concord Public Library will present Capoeira Brasil Boston on Saturday, Aug. 6, at 10 a.m. in downtown's Eagle Square. Capoeira is a martial art that combines dance, music, and acrobatics with fighting techniques. It has its roots in the African slave culture of Brazil and has become popular in the United States as an art form and a means of self-expression. Sponsored by the Concord Public Library Foundation, this event marks the conclusion of the library's "One World, Many Stories" summer reading program. In the event of rain, the program will be held at the Green Street Community Center. For more information, visit news.concordpubliclibrary.net or call 225-8670.

• **Local resident writes business book:** Bedford resident Brian Calderone recently published a book for new college graduates entering the sales profession. Calderone graduated from Western New England College in Massachusetts 10 years ago with a bachelor's degree in Marketing Communications and Advertising, according to a press release; he now oversees a national sales team for a Concord, N.H.,-based company. The book, *Front of the Class to Top of the Sales Rankings*, is intended to provide practical advice to young professionals based on real-life experience. Look for it at your favorite local bookstore.

• **Local flutist writes fantasy novel:** New Hampshire flutist and author Aubrie Dionne has written a fantasy novel that's set for publication in early August by Wyvern Publications. She teaches flute at Plymouth State University and has performed with various orchestras and other groups in the state. She's also taught at Manchester Community Music School. Look for details about her books at www.authoraubrie.com. The new novel is *Paradise 21*, the first in a planned series. —*Lisa Parsons*

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FILM REVIEWS BY AMY DIAZ



Captain America: The First Avenger

Captain America: The First Avenger (PG-13)

A weakling becomes a big strong solider (with a heart of gold, of course) in *Captain America: The First Avenger*, another Marvel entry in the comic book movie genre.

And another entry in the movies-leading-up-to-2012's *The Avengers* category, which is practically a genre of its own at this point.

When we first meet Steve Rogers (Chris Evans), he's a skinny, nearly hollow-chested young man trying desperately to join the army and fight in World War II. With his asthma, his short stature, his scrawniness and a variety of other physical conditions, he is the definition of 4F. Dejected, he agrees to go to a World of Tomorrow-type fair with his buddy Bucky (Sebastian Stan), who is in uniform and ready to ship out. Despite having been beaten up in an alley earlier in the day and only saved by Bucky, Steve decides to give enlisting another try when he sees a recruitment booth at the fair. This time, however, he has an edge. Dr. Abraham Erskine (Stanley Tucci) overhears Steve giving his heartfelt reasons for wanting to join up and decides to question the young man himself. Do you want to go kill Nazis, he asks Steve. I don't *want* to kill anybody, says Steve, but I don't like bullies. Stamp — 1A and Steve is headed to training.

But this isn't just your standard boot camp. Except for Steve, all the soldiers are big guys with exceptional strength. They are being prepped for a project whose goal is to create super soldiers. It's not enough for them to be strong men, Erskine warns. Because the project will augment all facets of them inside and out, the soldiers must also be good men. Which is why Steve is eventually picked as the one to undergo Erskine's super soldier process first. He enters the contraption looking like Barney Fife and leaves looking like, well, a very buff Chris Evans who can run fast, jump far and catch a Nazi spy who happened to slip into the project lab. He wants to be involved in fighting the war, specifically in fighting Nazi scientist Johann Schmidt (Hugo Weaving), a former colleague of Erskine's and the man who inadvertently received the first version of the treatment similar to Steve's. His side effects include increased evil and a skin condition that led to the name Red Skull. But the powers-that-be at first think Steve's most useful power is as a personality who gins up publicity and urges people to buy bonds.

The toast of the country, Steve enjoys this job a bit at first, but a trip to the war zone reminds him that the battlefield is where he'd prefer to be. In Europe, he reunites with Peggy Carter (Hayley Atwell), a British agent who was a part of the super soldier project, and fast-talking inventor Howard Stark (Dominic Cooper) and take on Red Skull and his nefarious, world-domination-seeking group HYDRA.

That's right, Red Skull is so black-hat even the Nazis are too wimpy for him and he creates his own, even more evil sub-group.

Yes, this is an origin story, so we get a bit of the requisite "with great power comes great responsibility" stuff. And, yes, as the name "Howard Stark" might suggest, we are being set up for further Avengers adventures. The movie actually starts off in what appears to be modern times with the discovery of what appears to be a spaceship-type craft wedged in the Arctic ice and Captain America's shield among the wreckage inside. The film's final moments also point to a future for this character (I didn't stay for the "secret" obligatory Marvel post-credit teaser stuff, but The Internet seems to indicate that you get a glimpse of the forthcoming film). But thankfully — and unlike, say, *Thor* and *Iron Man 2* — these promos don't overtake the movie you're watching now.

Captain America is fun. The movie calls to mind the geez-wiz-mister tone of earlier super hero stories but with a sense of humor about the earnestness of the hero and a don't-worry-so-much laxness about the way it fiddles with history.

Evans seems like the perfect kind of blank-canvas actor for this movie. He is handsome, but in a general way so you aren't just paying attention to his looks (as, say, one might with Chris Hemsworth in *Thor*). He has an all-American likeability to him — *Superman*-ish but not so epic. Steve/Captain America is a character you might not put on your top 10 list of all-time favorite heroes, but he's one you don't mind watching either.

And this sense of all-right-ness carries through for the rest of the movie. The special effects aren't extraordinary, but they fit with the story and the action and aren't so ambitious that intention outstrips ability. The supporting characters are, for the most part, fun — Hugo Weaving makes a nice banality-of-evil villain and we can believe that Dominic Cooper is the kind of showman with big ideas who eventually fathers Tony Stark. And the romance — because of course there has to be one — that develops between Steve and Peggy doesn't light up the screen but it works well enough (it isn't flatly ridiculous, speaking of Tony Stark).

So where does this rate among the recent superhero movies? It isn't one of the greats, it isn't the second *X-Men* (or this summer's reboot), the second *Spider-Man* or the most recent two *Batman*s. It isn't even quite the zippy good time of the first *Iron Man*. But this

Reviewlets: Snack-sized movie reviews

* Indicates a movie worth seeking out. Previously reviewed movies have grades. For full reviews of most movies here or movies previously released, go to www.hippopress.com.

Bad Teacher **(R)**
Cameron Diaz, Justin Timberlake.
Cameron Diaz is an uninterested teacher looking to trade up in life by hooking the wealthy substitute (Justin Timberlake). **C+**

Beginners **(PG-13)**
Christopher Plummer, Ewan McGregor.
This well-acted movie is an exceptionally sweet and loving tale of an adult son who really gets to know his father only to lose him to illness. **B+**

***Bridesmaids** **(R)**
Kristen Wiig, Maya Rudolph.
Wiig-written, Judd Apatow-produced, Paul Fieg-directed totally awesome lady comedy. Or, if the words "bridesmaids" and "lady" are scaring you away: hilarious people are in hilarious situations with swearing and poop. **B+**

Cars 2 **(G)**
Voices of Owen Wilson, Larry the Cable Guy.
The further adventures of cars from Radiator Springs: Lightning McQueen and Mater head overseas for an international car race. **C+**

Cave of Forgotten Dreams (G)
Werner Herzog.
The idiosyncratic director gives us this documentary about the Chauvet Cave in France, which contains cave paintings some 30,000 years old. The loveliness of the images — particularly in 3-D — is what makes this movie special. **B+**

Cowboys & Aliens
Daniel Craig, Harrison Ford.
If those two names and the headline haven't sold you… Opens wide on Friday, July 29.

Crazy, Stupid Love **(PG-13)**
Steve Carell, Emma Stone.
And also Ryan Gosling, Julianne Moore, Kevin Bacon, Marisa Tomei. Carell's marriage implodes, leading him back to the singles scene, where Gosling teaches him the ropes. Opens wide on Friday, July 29.

Green Lantern **(PG-13)**
Ryan Reynolds, Blake Lively.
Another week, another superhero — this one comes with space aliens. **C**

Harry Potter and the Deathly Hallows — Part 2 **(PG-13)**
Daniel Radcliffe, Emma Watson.
And all the rest of the Hogwarts crew turn out for this, the final installment of the Harry Potter movies with The Boy Who Lived facing off against He Who Must Not Be Named. **B**

Horrible Bosses **(R)**
Jennifer Aniston, Jason Bateman.
Also Jason Sudeikis, Charlie Day, Colin Farrell, Jamie Foxx and Kevin Spacey.
Beleaguered employees make a drunken pact to off each other's bosses. **C**

Larry Crowne **(PG-13)**
Tom Hanks, Julia Roberts.
After being laid off, Tom Hanks decides to expand his skills by heading to college and a class taught by one Julia Roberts. **C+**

Monte Carlo **(PG)**
Selena Gomez, Leighton Meester.
An American teenager slumming it through Europe with her friends gets tangled up in some mistaken identity fun and ends up living the high life. **B-**

Mr. Popper's Penguins **(PG)**
Jim Carrey, Carla Gugino.
A man inherits a box full of penguins. **C+**

The Smurfs **(PG)**
Neil Patrick Harris, Hank Azaria.
Here's how cool Neil Patrick Harris is — even this *Alvin and the Chipmunks*-seeming movie will likely not put a dent in his awesomeness. Opens Friday, July 29.

Super 8 **(PG-13)**
Kyle Chandler, Joel Courtney.
Boys making a zombie movie witness a train crash in small-town Ohio and then J.J. Abrams-ish things happen. **A**

Transformers: Dark of the Moon **(PG-13)**
Shia LaBeouf, Tyrese Gibson.
Screaming! Explosions! Bad robots vs. good robots, not that you can tell which is which! More screaming! Explosions! Voice of Spock! More explosions! American flag! — There, now you've experienced the movie and I saved you two and a half hours. **D**

The Tree of Life **(PG-13)**
Sean Penn, Brad Pitt.
The story of one family from the 1950s is the focus here. Also, one of its children as a grown man. Also, the beginning of life on Earth, to include dinosaurs. Also, the end of life on Earth. And also heaven. **B**

Winnie the Pooh **(G)**
John Cleese, James Cummings.
Classic Disney watercolor-hand-drawn-animation-style, the stories of Winnie the Pooh and the other residents of the Hundred Acre Wood return to the big screen. Opens on Friday, July 15.

X-Men: First Class **(PG-13)**
James McAvoy, Michael Fassbender.
How did Charles Xavier and Erik Lehnsheer, pre-Professor X and Magneto, meet? Awesomely. **A-**

Zookeeper **(PG)**
Kevin James, Rosario Dawson.
A zookeeper gets advice about the ladies from talking animals voiced by the likes of Adam Sandler, Sylvester Stallone, Nick Nolte, Cher, Maya Rudolph and more. **C-**



Friends with Benefits

movie is head and shoulders above this summer's *Thor*, either of the Hulk movies, the *Fantastic Four*s or the also-rans like *Green Hornet*. It is lively, enjoyable, a bit silly but with spark, with enough going in its characters and its mythology to keep it from feeling like the same old superhero thing. **B**

Rated PG-13 for intense sequences of sci-fi violence and action. Directed by Joe Johnston and written by Christopher Markus and Stephen McFeely, Captain America: The First Avenger *is two hours and five minutes long and is distributed by Paramount Pictures.*

Friends with Benefits (R)

Justin Timberlake and Mila Kunis attempt to have a relationship with all of the fun, none of the emotional messiness in *Friends with Benefits*, a romantic comedy with swearing.

Yes, this is essentially the same story as *No Strings Attached*, a horrible rom-com from earlier this year that starred Ashton Kutcher and Natalie Portman. But this movie is tighter, smarter, funnier, better written and better acted than that one, as though that first movie was just a draft that was punched up for this one. I think I could bear watching awful romantic comedies if I knew that I might see much better versions months later.

Dylan (Timberlake) is the head of an Internet magazine thing and Jamie (Mila Kunis) is the head-hunter who lures him to New York City to interview for a job as GQ's art director. He's a goofy hipster, she's a tough-talker — some of which is a defensive put-on — and by the end of his New York trip she's sold him on the city and the job. When he arrives, they continue to hang out — she's the only person he really knows in the city and they have buddy-buddy fun together. Just buddy-buddy, in part because she's the only person he knows and, as she says, you don't want to mess that up, do you?

But then, after a night of complaining about romantic comedies and romance in general, they decide to give something more than friendship a try. The ground rules: No emotional ickiness, no relationship-iness. Just sex so as not to jeopardize the friendship.

No, really, maybe it will work this time.

This kind of anti-romantic-comedy is as romantic comedy as any Katherine Heigl wedding-dress-stravaganza. (Poor Heigl, the movie itself makes fun of her. She has become the symbol of What's Wrong with Romantic Comedies.) But, perhaps because this particular iteration of the romantic comedy is still sort of new or perhaps because of the swearing (I don't know why it matters but casual swearing usually does make movies like this better), it feels more genuine, less like you've walked into some horrible Cosmopolitan-magazine version of romance. Friends becoming more is fairly common in the actual world, but in movies there is still a meet-cute, flirtation and then romance without a lot of the hanging out that seems fairly typical in many real-people romances. Sure, most guys don't look like Justin Timberlake and most girls don't look like Mila Kunis and most relationships don't take place in some fairly swank New York real estate, but still this movie, its premise and characters and dialogue feel more natural, than, say, single best friends of a couple being forced to raise a child together when that couple dies as in *Life as We Know It*, the last Heigl failure.

Kunis and Timberlake have a nice goofy chemistry. They're both attractive but know how to play off their attractiveness, to make a bit of a joke of it even while remaining magnetic. They are able to keep the movie interesting even when its energy starts to dip as it does when the trajectory of the relationship starts to become more conventional. And while nutty family isn't a stunningly original conceit, the supporting characters filling that role here do just fine: Patricia Clarkson as Jamie's ditzy mother; Jenna Elfman as Dylan's supportive older sister, and Richard Jenkins as Dylan's loving but fading-from-Alzheimer's father. Somebody always needs a wacky best friend and, refreshingly, this time the sassy gay friend (Woody Harrelson) is Timberlake's colleague and, much like actual human beings, isn't just some one-dimensional stereotype.

Friends with Benefits is a lightweight but enjoyable offering from that mostly disappointing genre, the romantic comedy. **B-**

Rated R for sexual content and language. Directed by Will Gluck and written by Keith Merryman, David A. Newman, Will Gluck and Harley Peyton, Friends with Benefits *is an hour and 49 minutes long and is distributed in wide release by Screen Gems.*



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THE TREE OF LIFE (PG-13/2011/139 min.)
Fri-Sun, 2:15, 5:15, 8:15,
Mon, 2:00, 5:20, 8:00, Tue, 2:00,
Wed-Thu, 2:00, 5:20, 8:00

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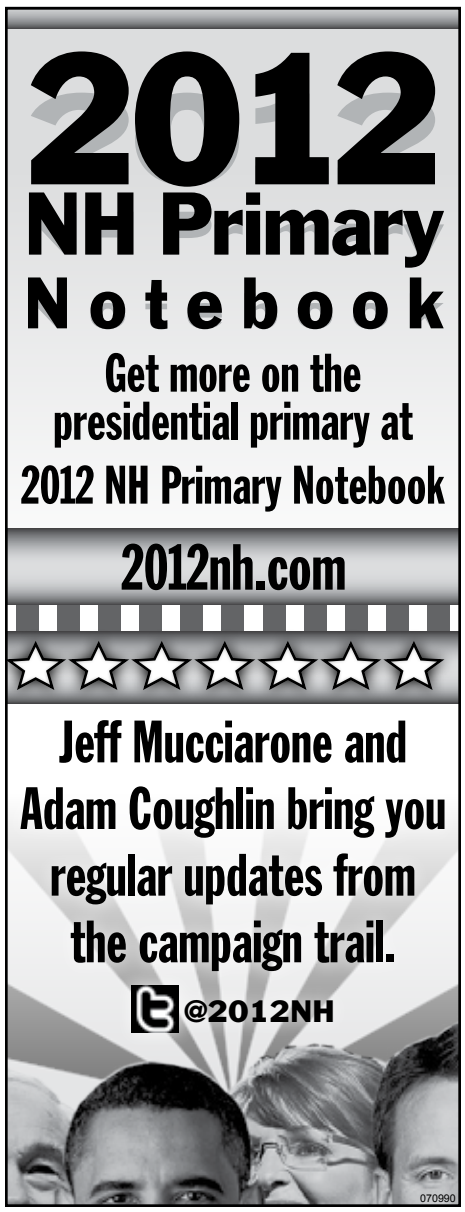
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Cinema locator

AMC Tyngsborough
440 Middlesex St., Tyngsborough, Mass., 978-649-3980.
Chunky's Cinema & Pub Nashua
151 Coliseum Ave., chunkys.com
Chunky's Pelham Cinema & Pub
150 Bridge St., Pelham, 635-7499
Cinemagic Hooksett
1226 Hooksett Road, Hooksett, 644-4629, cinemagicmovies.com
Cinemagic Merrimack 12
11 Executive Place Dr., Merrimack, 423-0240, cinemagicmovies.com
Flagship Cinemas Derry
10 Ashleigh Dr., Derry, 437-8800
AMC at The Loop
90 Pleasant Valley St., Methuen, Mass., 978-738-8942
O'Neil Cinema 12
Apple Tree Mall, Londonderry, 434-8633
Regal Concord
282 Loudon Road, Concord, 226-3800
Regal Hooksett 8
100 Technology Drive, Hooksett, 641-3456
Showcase Cinemas Lowell
32 Reiss Ave., Lowell, Mass., 978-551-0055

Movies outside the cineplex

RED RIVER THEATRES

11 S. Main St., Concord, 224-4600, www.redrivertheatres.org

• ***Beginners*** (R, 2011) Thurs., July 28, at 2:05, 5:30 & 7:45 p.m.; Fri., July 29, through Sun., July 31, at 1:45, 4, 6:15 & 8:30 p.m.; Mon., Aug. 1, through Wed., Aug. 3, at 2:05, 5:25 & 7:45 p.m.; Thurs., Aug. 4, at 2:05 p.m.

• ***The First Grader*** (PG-13, 2011) Thurs., July 28, at 2, 5:30 & 7:45 p.m.; Fri., July 29, through Sun., July 31, at 2, 5:30 & 7:45 p.m.

• ***The Tree of Life*** (PG-13, 2011) Thurs., July 28, at 2, 5:20 & 8 p.m.; Fri., July 29, through Sun., July 31, at 2:15, 5:15 & 8:15 p.m.; Mon., Aug. 1, at 2, 5:20 & 8 p.m.; Tues., Aug. 2, at 2 p.m.; Wed., Aug. 3, and Thurs., Aug. 4, at 2, 5:20 & 8 p.m.

• **Best of 48 Hour Film Festival** Thurs., Aug. 4, at 7:30 p.m.

• ***Hobo with a Shotgun*** (NR, 2011) on Fri., Aug. 5, at 9:30 p.m.

• ***Rubber*** (R, 2011) on Fri., Aug. 12, at 9:30 p.m.

• ***13 Assassins*** (R, 2010) on Fri., Aug. 19, at 9:30 p.m..

WILTON TOWN HALL

Main Street in Wilton, wiltontownhalltheatre.com, 654-FILM.

• ***Buck*** (PG, 2011) Thurs., July 28, through Thurs., Aug. 4, at 7:30 p.m. Plus, Sun., July 31, at 2 & 4:30 p.m.

• ***Midnight in Paris*** (PG-13, 2011) Thurs., July 28, through Thurs., Aug. 4, at 7:30 p.m. Plus, Sun., July 31, at 2 & 4:30 p.m.

• ***Rome Adventure*** (1962) Sat., July 30, at 4:30 p.m.

• ***Our Hospitality*** (1923) starring Buster Keaton on Sun., July 31, at 4:30 p.m. Silent film with live musical accompaniment by Jeff Rapsis.

MILFORD DRIVE-IN

Route 101A in Milford, 673-4090, www.milforddrivein.com
Thurs., July 28

• **Screen 1:** *Harry Potter and the Deathly Hallows — Part 2* (PG-13, 2011); *Horrible Bosses* (R, 2011)

• **Screen 2:** *Captain America: The First Avenger* (PG-13, 2011); *Transformers: Dark of the Moon* (PG-13, 2011)

Fri., July 29 thru Thurs., Aug. 4

• **Screen 1:** *The Smurfs* (PG, 2011); *Zookeeper* (PG, 2011)

• **Screen 2:** *Captain America: The First Avenger* (PG-13, 2011); *Harry Potter and the Deathly Hallows: Part 2* (PG-13, 2011)

FRANCO-AMERICAN CENTRE

Saint Anselm College, 100 Saint Anselm Drive, Manchester, www.francoamericancentrenh.com

• **Cinema Mardi**, on the third Tuesday of each month at 7 p.m. Film in French with English subtitles.

• ***Azur et Asmar*** (PG, 2006) Tues., Aug. 16, at 7 p.m.

• ***The Age of Ignorance*** (2007) Tues., Sept. 20, at 7 p.m.

THE JAM FACTORY

1211 Elm St., Manchester, www.thejamfactorynh.com

• **Local indie films** the last Saturday of each month from 8 to 11 p.m. Event is 21+; suggested donation of $5. On Sat., July 30: *Like Life, But Shorter*, a series of indie films.

MANCHESTER CITY LIBRARY

405 Pine St., Manchester, 624-6550, www.manchester.lib.nh.us

• ***Madagascar*** (PG, 2005) Mon., Aug. 1, at 1 p.m.

• ***Leatherheads*** (PG-13, 2008) Wed., Aug. 3, at 1 p.m.

• ***Karate Kid*** (PG, 2010) Mon., Aug. 8, at 1 p.m.

• ***Mao's Last Dancer*** (PG, 2010) Tues., Aug. 9, at 6 p.m. and Wed., Aug. 10, at 1 p.m.

• ***Tangled*** (PG, 2010) Mon., Aug. 15, at 1 p.m.

• ***Secretariat*** (PG, 2010) Wed., Aug. 17, at 1 p.m.

• ***Toy Story 3*** (G, 2010) Wed., Aug. 24, at 1 p.m.

• ***Turner & Hooch*** (PG, 1989) Wed., Aug. 31, at 1 p.m.

PEMBROKE LIBRARY

313 Pembroke St., Route 3, Pembroke (behind town hall), 485-7851. French films hosted by Gens Unis du Richelieu.

NASHUA PUBLIC LIBRARY

NPL Theater, 2 Court St., Nashua, 589-4600, www.nashualibrary.org. Call 589-4646 for the library's film line, a schedule of upcoming movies. Films subject to change. Seating is limited. Food and drink are not permitted in the theater.

Plaza Pics — in the Greeley Park Band shell with pre-show entertainment. See www.gonashua.com and click on SummerFun.

• ***Wallace and Gromit: A Matter of Loaf and Death*** (2008) and other shorts, on Fri., July 29, at 7:30 p.m.

AMHERST TOWN LIBRARY

14 Main St., Amherst, 673-2288, www.amherst.lib.nh.us

• ***Flushed Away*** (PG, 2006) Tues., Aug. 2, at 2 p.m.

• **International movie night,** Thurs., Aug. 4, at 6:30 p.m. Refreshments provided; call 673-2288.

• ***The Princess and the Frog*** (G, 2009) Tues., Aug. 9, at 2 p.m.

• ***The Sword in the Stone*** (G) Tues., Aug. 16, at 2 p.m.

THE MUSIC HALL

28 Chestnut St., Portsmouth, 436-2400, www.themusichall.org. Some of these films are being screened at Music Hall Loft, at 131 Congress St. See website for details.

• ***Miral*** (R, 2011) Thurs., July 28, and Sat., July 30, at 7:30 p.m.

• ***Winter in Wartime*** (R, 2011) Sun., July 31, and Tues., Aug. 2, at 7:30 p.m.

• ***12 Monkeys*** (R, 1995) Wed., Aug. 3, at 7:30 p.m.

• ***The Greatest Movie Ever Sold*** (PG-13, 2011) Thurs., Aug. 4, through Sat., Aug. 6, at 7:30 p.m.

• ***Certified Copy*** (NR, 2011) Sun., Aug. 7, and Tues., Aug. 9, at 7:30 p.m.

• ***The Terminator*** (R, 1984) Wed., Aug. 10, at 7:30 p.m.

• ***Meek's Cutoff*** (PG, 2011) Thurs., Aug. 11, through Sat., Aug. 13, at 7:30 p.m.

• ***Le Quartto Volte*** (NR, 2011) Sun., Aug. 14, and Tues., Aug. 16, at 7:30 p.m.

SUB ROSA DRIVE-IN

Future home of 3S Artspace, Frank Jones Fermentation building, 13 Jewell St., Portsmouth, twitter.com/subrosadrivein or on Facebook. Films start at 9 p.m.

• ***Danger: Diabolik*** (1968) Fri., Aug. 5.

• ***Hairspray*** Fri., Aug. 19.

• ***Phantom of the Paradise*** (PG, 1974) Fri., Sept. 2.

• ***Fear and Loathing in Las Vegas*** Fri., Sept. 16.

• ***The Blues Brothers*** (R, 1980) Fri., Sept. 30.

PARK THEATRE

19 Main St., Jaffrey, www.theparktheatre.org, 532-7711. Fall film series held at the Jaffrey Women's Club, 33 Main St. in Jaffrey. Free admission.

• ***My Darling Clementine*** (1946) with Henry Fonda and Victor Mature, on Thurs., July 28, at 7 p.m.

• ***Rudyard Kipling's The Jungle Book*** (1942) with Rosemary DeCamp, on Thurs., Aug. 4, at 7 p.m.

NEWBURYPORT SCREENING ROOM

82 State St.., Newburyport, Mass., 978-462-3456, www.newburyportmovies.com

• ***Uncle Boonmee Who Can Recall All His Past Lives*** (NR, 2010) Thurs., July 28, at 7:30 p.m.

• ***Cave of Forgotten Dreams*** (G, 2011, in 2D) Fri., July 29, at 6:30 & 8:45 p.m.; Sat., July 30, at 4:15, 6:30 & 8:45 p.m.; Sun., July 31, at 5:15 & 7:30 p.m.; Mon., Aug. 1, through Thurs., Aug. 4, at 7:30 p.m.

• ***Buck*** (PG, 2011) Fri., Aug. 5, through Thurs., Aug. 18: Fridays at 6:30 & 8:45 p.m.; Saturdays at 4:15, 6:30 & 8:45 p.m.; Sundays at 5:15 & 7:30 p.m.; Mondays through Thursdays at 7:30 p.m.

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070397

Nite Roundup

Local music & nightlife news

By Michael Witthaus
music@hippopress.com

• **Jerry's kids:** A dozen bands inspired by the Grateful Dead and their ilk will gather in the White Mountains for a three-day festival called JerryJam. Performers include the Nobby Reed Project, Crunchy Western Boys, The Garcia Project, Erin Kuzmeskus, Audrey Drake Band, Los Huevos, Ellen Mackey, Djoliba Kan, Nate Alberts Band, the Van Burens, Supplication, Grassfed Boys and Strawberry Farm Band. Attend JerryJam Friday, July 29, through Sunday, July 31, at Dodge Farm, 81 Dodge Road in Bath. For ticket information, go to www.jerryjam.com.

• **Double down:** Midnight Rodeo celebrates two years in its weekend home with an outdoor barbecue, line dancing lessons and a performance from Jonathan Scott. Also, on Friday (July 29) the weekly roundup goes mobile at Manchester's Club Intrigue with a monthly "Cowboy Country Beach Party" hosted by DJ/dance instructor Michelle Jackson. Attend the Midnight Rodeo 2nd Anniversary Party on Saturday, July 30, at 6 p.m. at The Yard Restaurant, 1211 S. Mammoth Road in Manchester, www.midnightrodeobar.com.

• **Collaborative crooner:** Robert Dionne performs *Songs of the Crooners*, the second of three summer shows from the Majestic Theatre co-founder — *Decades of Hits 1960-2011* happens Aug. 18. The fun is both in listening and singing along to Great American Songbook material, as Dionne encourages requests from any genre and promises an interactive evening for all. See Robert Dionne on Saturday, July 30, at 7:30 p.m. at The Majestic Theatre, 281 Cartier St. in Manchester. Tickets are $10 at www.majestictheatre.net ($12 at the door).

• **Loose Nuke:** There's a scene in the movie *Bull Durham* where Crash Davis grabs a guitar from Calvin "Nuke" LaLoosh and smashes it into a hundred pieces. Tim Robbins played rising minor-league pitching start LaLoosh, and since then his musical talents have grown beyond butchering "Try a Little Tenderness." Robbins has a new album and his band Rogue's Gallery is making its first New Hampshire visit. See Tim Robbins on Sunday, July 31, at 7 p.m. at Tupelo Music Hall, 2 Young Road in Londonderry. Tickets are $40 at www.tupelohall.com.

• **Granite rhyme:** Sporting perhaps the largest collection of different Red Sox caps in the world, Salem rapper S.D. Nass rhymes on the Granite State for the forthcoming *Live Free or Die Tryin'*, made with fellow unsigned hip-hop artist Eifel. Nicknamed "The Kid," Nass covers familiar territory — aspirations of wealth and, on his cover of Wiz Khalifa's "Burn After Rolling," a good buzz. Tonight, he receives support from DJ JBox. See S.D. Nass with JBox on Friday, July 29, at 9 p.m. at Shooter's Pool Hall, 38 Route 128 in Pelham (635-4855).

Bill Kirchen is inexhaustible

Dieselbilly king part of eclectic Lowell Folk Festival lineup

By Michael Witthaus
mwitthaus@hippopress.com

As in past years, the annual Lowell Folk Festival is an eclectic affair, with Zydeco, Québécois folk, world music and blues among the genres represented. To Bill Kirchen, who performs all three days of the festival, which begins Friday, July 29, this makes complete sense. Years ago at a similar event, he first became aware of broader musical horizons.

"It was a progression from the folk scene, that's how I started to play music," said Kirchen as he prepared to teach a class at a college in Georgia. "I went to the Newport Folk Festival in 1964 and 1965 and if I could name some specific thing that influenced my musical life, I would say that would be it … it turned me on to a lot of regional music that I discovered all at once."

A couple of years later, he moved to San Francisco and found the style he would build a career on — "Dieselbilly," a hybrid of country, blues, rockabilly, swing and truck driving music.

"I met the guys in Commander Cody and got a crash course," he says. "I got to the party late [and] the stuff that really stuck with me was the hard-core country — Hank Williams, Red Foley, Lefty Frizzell and especially Merle Haggard … I'm still knee deep in that stuff."

Kirchen is perhaps best known for his stint with Commander Cody and the Lost Planet Airmen — that's his Telecaster mimicking a speeding "Hot Rod Lincoln" and his singing on the neo-country blues "Down to Seeds and Stems Again."

The Byrds, Buffalo Springfield and others were deeply influenced by the same sound, but, Kirchen says, "there was something about our approach that differed from other bands that were mining the country music field. For one, we were somewhat outsiders; we came from a different culture. We were a little bit tongue in cheek, but I think the way we approached music, it wasn't smirky or an arch kind of thing, we really loved it."

Fans of the Grateful Dead, Jefferson Airplane and other psychedelic bands welcomed the Cody gang as their own, building a bridge between the counterculture of the time and a period of music many had no idea existed. "It was also a really big band, it was energetic and we were able to get to the heart of that stuff," Kirchen says. "We weren't poking fun, we were honoring the tradition."

When Kirchen began playing rockabilly in earnest, he traded his Gibson Les Paul SG-3 for a Fender Telecaster — according to Wikipedia, with a stranger on a bus. Not true, says Kirchen. "I was a motorcycle messenger [and] Pete Townshend has just come through town with The Who smashing his SG-3 guitar up, which impressed a guy I worked with. I figured out that the guys I listened to, specifically Don Rich and James Burton, all had Telecasters. We just swapped across the board and both walked away happy."

The Commander Cody band split in 1976, and in the subsequent years Kirchen recorded with his band Too Much Fun and collaborated with other musicians. Many of them contributed to his latest effort, an album of duets called *Word to the Wise*.

"The requirement was you had to be someone I'd actually worked with — either recorded or performed with, not just knew — and had to be not dead, which cut down the field a little bit," says Kirchen with a laugh. Appearing on the record were Nick Lowe, Paul Carrack, Maria Muldaur, Dan Hicks, Elvis Costello, Commander Cody, Rocky Farrell, original Asleep at the Wheel vocalist Kris O'Connell and Norton Buffalo, in one of his final performances — "Valley of the Moon" — a song ironically inspired by going to a friend's funeral.



Bill Kirchen. Courtesy photo.

Bringing English players who'd adopted the American sound like Costello and Lowe together with longtime friends and partners like Muldaur, Cody and Hicks helped tie together the different phases of his career — the working title, says Kirchen, was "40 Years Without a Day Job."

"I was a huge Jim Kweskin Jug Band fan, and I got a chance to work with them and Maria, most notably San Quentin Prison one New Year's Day, and Dan Hicks I was a fan of before I got to California — we did some early shows, so I got to play with him a few times. The English guys, I thought they had their own lovely take on Americana, a great way of assimilating it and kind of honoring it. I met Elvis through Nick and played with him at the Strictly Bluegrass Festival two or three times. Blackie Farrell — I've tried to do a song of his on every record I've made since the second Cody album."

"I'm a lucky guy," Kirchen says. "This record really brought it home to me."

Lowell Folk Festival
Where: Two stages, Dutton Street Dance Pavilion and Boarding House Park in Lowell
When: Friday, July 29, through Sunday, July 31, at various times
Admission: Free (parking costs $15; bring cash for food and other vendors)
More: www.lowellfolkfestival.org

Follow the sound of bagpipes

Seven Nations brings energetic Celtic music to Manchester

By Michael Witthaus
mwitthaus@hippopress.com

In a career that's run nearly 20 years and found them playing prestige events like the 2002 Winter Olympics torch-lighting ceremony and New Year's Eve at Scotland's Royal Mile, one gig stands out for Seven Nations: a wet day in Puerto Rico.

They were scheduled to play to an expected crowd of up to 5,000, and a violent storm arrived as the Celtic rock band took the stage. But bad weather didn't stop 1,000 or so fans from staying to enjoy the music. Seven Nations founder, bagpiper and singer Kirk McLeod said recently while preparing for a show in Cleveland, "they were getting rained on horizontally, and they were just dancing while we played. We'd come to this Latin culture and they were just so into it. We'd crossed a cultural boundary with the music, which I found incredible"

Performing at the Royal Mile was certainly a highlight.

"Looking down upon thousands of people moving in unison, that was insane, you can't replace that," McLeod says. "There are those shows you can point to for the sheer numbers, but it also comes down to the vibe of the audience and how well you think you did."

The five-piece group sees a wide variety of audiences and is comfortable in front of most any crowd.

"In Manchester we're playing a pub [Thursday, July 28, at Murphy's Taproom], and after that we play a music hall, then a festival in Albany with about 1,300 people, and the next night we're at a world music festival in downtown Orlando. That says it all right there."

Their three-hour set stays consistent, however, whether it's 50 or 5,000 fans.

"We don't change the show; the vibe changes," McLeod says. "At a pub it's cool, because people are more in your face and you can really get into it."

The band's name comes from the seven Celtic nations of Scotland, Ireland, Wales, Brittany, Cornwall, the Isle of Man and Galicia, and they play a hybrid of traditional music and modern rock.

"It's electric guitar, drums, bass with bagpipes and fiddle taking the part of a lead electric line in normal rock and roll music," McLeod says. They are known for clever intersections, like reworked Police and Cure songs — the latter band was the source of an entire album of covers, 2007's *A Celtic Rock Tribute to the Cure*.

McLeod had a hit with "Under the Milky Way" on a solo record, so he welcomed the offer (from Walmart, who commissioned the project) to do a long player.

"It was recorded really fast, so we didn't have time to second guess it or anything;

it was like every song was a two-day party and we just let it fly," he says, adding, "we weren't trying to imitate them … we made it different enough to be respectful, I thought."

The son of an English mother and American father of Scottish descent, McLeod discovered the bagpipes while visiting the Scotland Highlands.

"We rounded a bend, and I just heard these bagpipes, but I couldn't see the fellow playing," he says. "I was, like, man, what is that sound? I've just got to find it. I listened for a half hour, totally entranced. There's something about the sound that intrigued me. I think a lot of times back to that. When I practice, people will just show up to find out where it comes from. After that, I was hooked."

He had to wait a few years, however, to explore his passion.

"I found a band in the village I lived in, but my grandfather didn't want me to go down that road," McLeod says. "I went to music camp at age 13, after moving back to New York. All the girls at the camp were young highland dancers, and you drew inspiration by trying to get good enough to play at private competitions. From the piping camp, it went to traveling throughout the year, going to different festivals and competing. You got to see friends from the summer, even though they lived all across the country, and in other countries as well.



Seven Nations. Courtesy photo.

It was a great way to grow up."

Seven Nations has weathered a few personnel changes over the years. "It's always been gradual and everyone is still friends," says McLeod, adding that when Will MacMorran joined five years ago, he came with a bonus benefit. "He is an amazing Celtic guitarist, probably the second-best in the country, and he's an open-style piper as well. For him to have those things under his belt is great because we can go in many other directions we couldn't go before when we just had one piper."

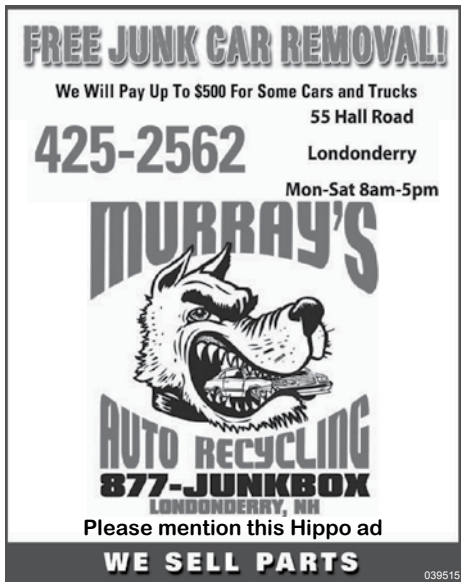
Seven Nations
When: Thursday, July 28, at 9 p.m.
Where: Murphy's Taproom, 494 Elm St. in Manchester
More: www.sevennations.com and www.murphystaproom.com

CONCERTS

Venues

Capitol Center for the Performing Arts 44 S. Main St., Concord, 225-1111, ccanh.com
The Colonial Theatre 95 Main St., Keene, 352-2033, thecolonial.org
Dana Humanities Center at Saint Anselm College 100 Saint Anselm Drive, Manchester, 641-7700, anselm.edu/dana
Hampton Beach Casino Ballroom 169 Ocean Blvd., Hampton Beach, 929-4100, casinoballroom.com
Leddy Center 38c Ladd's Lane, Epping, 679-2781, leddycenter.org
Lowell Boarding House Park 40 French St., Lowell, Mass., www.lowellsummermusic.org
Lowell Memorial Auditorium East Merrimack Street, Lowell, Mass., 978-454-2299, lowellauditorium.com
Meadowbrook U.S. Cellular Pavilion 72 Meadowbrook Lane, Gilford, 293-4700, meadowbrook.net
The Middle Arts & Entertainment Center 316 Central St., Franklin, 934-1901, themiddlenh.org
The Music Hall 28 Chestnut St., Portsmouth, 436-2400, themusichall.org
The Old Meeting House, 1 New Boston Rd., Francestown
Palace Theatre, 80 Hanover St., Manchester, 668-5588, palacetheatre.org
Prescott Park Arts Festival 105 Marcy St., Portsmouth, www.prescottpark.org, 436.2848
Rochester Opera House 31 Wakefield St., Rochester 335-1992, rochesteroperahouse.com
Stockbridge Theatre Pinkerton Academy, Route 28, Derry, 437-5210, stockbridgetheatre.com
Tupelo Music Hall 2 Young Road, Londonderry, 437-5100, tupelohall.com
Verizon Wireless Arena 555 Elm St., Manchester, 644-5000, www.verizonwirelessarena.com
Whittemore Center Arena UNH 128 Main St., Durham, 862-4000, www.whittcenter.com

• **Bright Eyes** Thurs., July 28, at 6:30 p.m., Meadowbrook
• **Les Dudek** Thurs., July 28, at 8 p.m., Tupelo
• **Alan Jackson** Fri., July 29, at 6 p.m., Meadowbrook
• **Emmylou Harris** Fri., July 29, at 8 p.m., Music Hall
• **Skippy Skip** Fri., July 29, at 10 p.m., Boynton's
• **Al Stewart** Sat., July 30, at 8 p.m., Tupelo
• **Introduction: The Chicago Experience** Sat., July 30, at
• **Tim Robbins and The The Rogues Gallery Band** Sun., July 31, at 7 p.m., Tupelo
• **Josh Turner** Sun., July 31, at 8 p.m., Casino Ballroom
• **All Time Low** Mon., Aug. 1, at 8 p.m., Casino Ballroom
• **Stone Temple Pilots** Tues., Aug. 2, at 8 p.m., Casino Ballroom
• **The Wailin' Jennys** Wed., Aug. 3, at 7 p.m., Prescott Park
• **Stone Temple Pilots** Wed., Aug. 3, at 8 p.m., Casino Ballroom
• **Louis C.K.** Thurs., Aug. 4, at 7 p.m., Casino Ballroom
• **Punch Brothers** Fri., Aug. 5, at 7:30 p.m., Lowell Boarding House Park
• **Alison Krauss & Union Station** Fri., Aug. 5, at 6:30 p.m., Meadowbrook
• **Queensryche** Fri., Aug. 5, at 8 p.m., Casino Ballroom
• **Al DiMeola** Fri., Aug. 5, at 8 p.m., Tupelo
• **America** Sat., Aug. 6, at 8 p.m., Casino Ballroom
• **Dueling pianos** Sat., Aug. 6, at 8 p.m., Boynton's
• **California Transit Authority** Sun., Aug. 7, at 7 p.m., Tupelo
• **Bruce in the USA** Sun., Aug. 7, at 7:30 p.m., Palace
• **Reggae Revival w/ UB40, The Wailers and Maxi Priest** Sun., Aug. 7, at 8 p.m., Casino Ballroom
• **Steve Earle and the Dukes (and Duchesses) feat. Allison Moorer** Sun., Aug. 7, at 7:30 p.m., Cap Center
• **Melissa Etheridge** Mon., Aug. 8, at 8 p.m., Casino Ballroom
• **Cinderella** Wed., Aug. 10, at 8 p.m., Casino Ballroom
• **The Stray Cat Lee Rocker** Wed., Aug. 10, at 8 p.m., Tupelo
• **David Wax Museum** Wed., Aug. 10, at 7 p.m., Prescott Park
• **Eric Johnson** Thurs., Aug. 11, at 8 p.m., Tupelo
• **Slightly Stoopid** Thurs., Aug. 11, at 7 p.m., Meadowbrook
• **Mary Chapin Carpenter** Thurs., Aug. 11, at 7:30 p.m., Music Hall
• **Red Horse** Sat., Aug. 13, at 7:30 p.m., Lowell Boarding House Park
• **Miranda Lambert** Sat., Aug. 13, at 5:30 p.m., Meadowbrook
• **Dueling pianos** Sat., Aug. 13, at 8 p.m., Boynton's
• **Zoso: The Ultimate Led Zeppelin Experience** Sat., Aug. 13, at 7:30 p.m., Palace









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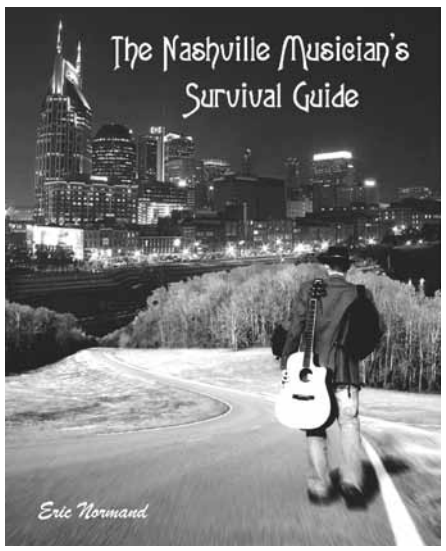
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Nashville, here they come

Workshop helps future country stars

By Angel Roy
aroy@hippopress.com



The Nashville Musician's Survival Guide by Eric Normand, a Kingston native. Courtesy photo.

Eric Normand wrote the book he wishes he'd had when he moved to Nashville almost a decade ago.

The author of *The Nashville Musician's Survival Guide* made the move from Kingston to Nashville to see what the the Music City was all about.

"I didn't really know exactly what I wanted to do ... I just wanted to take my music career a step further," Normand said.

Normand, who played in blues and rock 'n' roll bands in New England for 13 years before his big move, will offer a free Nashville survival workshop, book signing and Nashville guitar rig and style demonstration at The Music Workshop in Salem on Tuesday, Aug. 2, from 7 to 9 p.m.

"I think there is a lack of information out there about how this place works … there is really nothing written for musicians," Normand said.

Normand said one of the biggest differences between the music scenes in New England and Nashville is that Nashville has more industry and more infrastructure for touring. Whereas the Northeast might have a handful of national tours coming and going at one time, Nashville has hundreds, he said. Nashville also has a noteworthy recording scene. One similarity between the region and the Music City, Normand said, is that "a gig is a gig."

"There are gigs [in Nashville] and gigs in New England; you just go out and play," he said, adding that cover music is as popular in Nashville as it is in the Northeast.

The importance of developing and maintaining relationships with people in the music business is the same everywhere, Normand said. "Everything happens by word of mouth in music — in the world, too, I guess," he said.

Upon arriving in Tennessee with his wife and son, Normand connected with a fellow New Hampshire musician who had moved to Nashville 10 years prior. The man, also a guitar player, quickly became Normand's Nashville mentor and helped point him in the right direction.

"He kind of gave me the inside track, showed me where the cool music hangouts were for players, gave me a lot of advice, but the best thing a musician could do at that point was try to land a road gig," Normand said. "Becoming a touring musician is probably the easiest way to make a living in Nashville."

After working as a nightclub musician for more than a year, Normand finally got his big break — he was hired as a guitar technician for Toby Keith's "Shock'n Y'all" tour, a tour that blew through 90 North American cities in six months and included performances on *The Tonight Show with Jay Leno* and *The Jimmy Kimmel Show*

"It all happened through word of mouth," Normand said. "There are no bulletin board ads for those kind of gigs here."

Normand was presented with an opportunity to join a smaller tour, the "Honky Tonk Tailgate Party" with country artists Rhett Akins, Daryle Singletary, Chad Brock and Jeff Carson, as a performer. Normand has continued to perform with Akins (known for the 1990s hit "That Ain't My Truck" and now a popular Nashville songwriter) for seven years since the tour disbanded and serves as his lead guitarist and tour manager.

"A lot of people have asked me over the years how to get a gig, how to get on a tour, what does that pay, what to expect if they do. I would just answer their questions by telling them how I approached it," he said. "Then I realized that these people keep moving down here and there are no resources for them."

Before putting together his Nashville musician how-to, Normand was answering questions posted on online message boards related to making it big in the Music City.

"I was getting a lot of positive feedback to my responses and I said 'This is the beginning of writing a book,'" Normand said. In his book, Normand included snippets of the career journeys of Akins, Colt Ford (an independent country artist from Georgia), Mike Chapman (the session bassist player heard on all of Garth Brooks' albums) and EJ Bernas, southwest region senior director of Universal Music Group.

"A lot of people helped me along the way. I know how hard it is to get off the ground here," Normand said. "I just want to help struggling players find a way."

***The Nashville Musician's Survival Guide* workshop**
When: Tuesday, Aug. 2, from 7 to 9 p.m.
Where: The Music Workshop, 379 S. Broadway, Salem, 893-1544
Tickets: free (books cost $20)
More info: www.survivenashville.com
Other show: See Eric Normand perform at Wally's Pub, 144 Ashworth Ave., Hampton, on Wednesday, Aug. 3.

Dirty Work pays off

All Time Low riding high with new album

By Michael Witthaus
mwitthaus@hippopress.com

After joining in high school to play Green Day and Blink-182 covers, the four punk-pop rockers of All Time Low had a record deal before getting diplomas. After years of rigorous touring, their new album *Dirty Work*, featuring songwriting collaborations with members of Weezer, A Simple Plan and others, was one of 2011's most anticipated releases. With it, the band moved from playing House of Blues-size clubs to headlining amphitheatres like Bank of American Pavilion in Boston. After a summer U.S. run (which stops Aug. 1 at the Casino Ballroom in Hampton Beach), the band departs for Japan and Australia, with a U.K. tour set for early 2012.

Guitarist and singer Alex Gaskarth recently spoke with the Hippo by telephone. (See an extended version of this interview in this week's issue of the Seacoast Hippo, seacoasthippo.com.)

What was the first song you learned to play?

I think it would probably be a toss-up … "Brain Stew" by Green Day, which is like maybe the easiest song ever, I feel like that's every person's first song. The second song I learned — I kind of went from playing the easiest song to a not so easy song — "Master of Puppets" by Metallica. I just sat there for hours trying to get it down. Talk about challenging yourself.

Was there a moment when you knew you wanted to be a professional musician?

To be honest, I never really knew I wanted to be a professional musician. I still don't consider myself a professional musician. When we started this band it was really just something to do. We weren't in the sports crowd at school or part of the groups — it was our own little niche. What began as something to do on the weekends turned into something that we ended up taking a lot more seriously as we realized there were people out there who appreciated what we were doing.

Do you have a role in choosing the bands that come on tour with you, and what do you look for?

Yeah, absolutely; we've toured with the Mayday People before, but it's something that we wanted to re-explore. They're good dudes and we know that the package works, our fans kind of all coexist, so that was a choice we were stoked to make. On a few select dates, The Starting Line are kind of reuniting, which is amazing because they're a band that we initially looked up to when we were starting out. They're great guys and have become our friends over the years. It's a rad thing that they're even willing to play some shows with us. We Are The In Crowd is another one — we've never toured with them but we've known about them for a while. They're signed to our old label Hopeless Records so we're glad to be taking them out too.



All Time Low. Courtesy photo.

You tweeted encouragement to fans to provide choices for set lists. Have you had good responses?

Yeah, it's a cool way to gauge what people are listening to and really how the new record is doing. The reaction was awesome; people seem to be really amped up about hearing new songs live. I was getting a lot of responses pertaining to the new record, what songs were their favorites and what they wanted to hear. I think you can expect a good amount of new material. We're a band that really focuses on our live show and takes a lot of pride in it. I think a big part of what we do is … you hear us on CD, but it's really more about coming to see us live and getting that experience. I think a big part of the show will be us learning to convey these new songs in a way that comes off great live.

On the new record, you collaborated with other writers — what was that like?

It was very cool. I'm a very heavy-handed writer when it comes to our material, I can't be hands-off about it. The writing experience was awesome because it was a chance for me to sit down with people who were doing it longer and had more success with it. It was a chance for me to pick their brains. I by no means claim to know everything. I know next to nothing about songwriting in comparison to some, so it was a very cool opportunity to sit down with people that you look up to and learn from them. Having done it I feel I'm going forward a much more experienced person.

The song "That Girl" — is it about a specific person — more to the point, a well-known person?

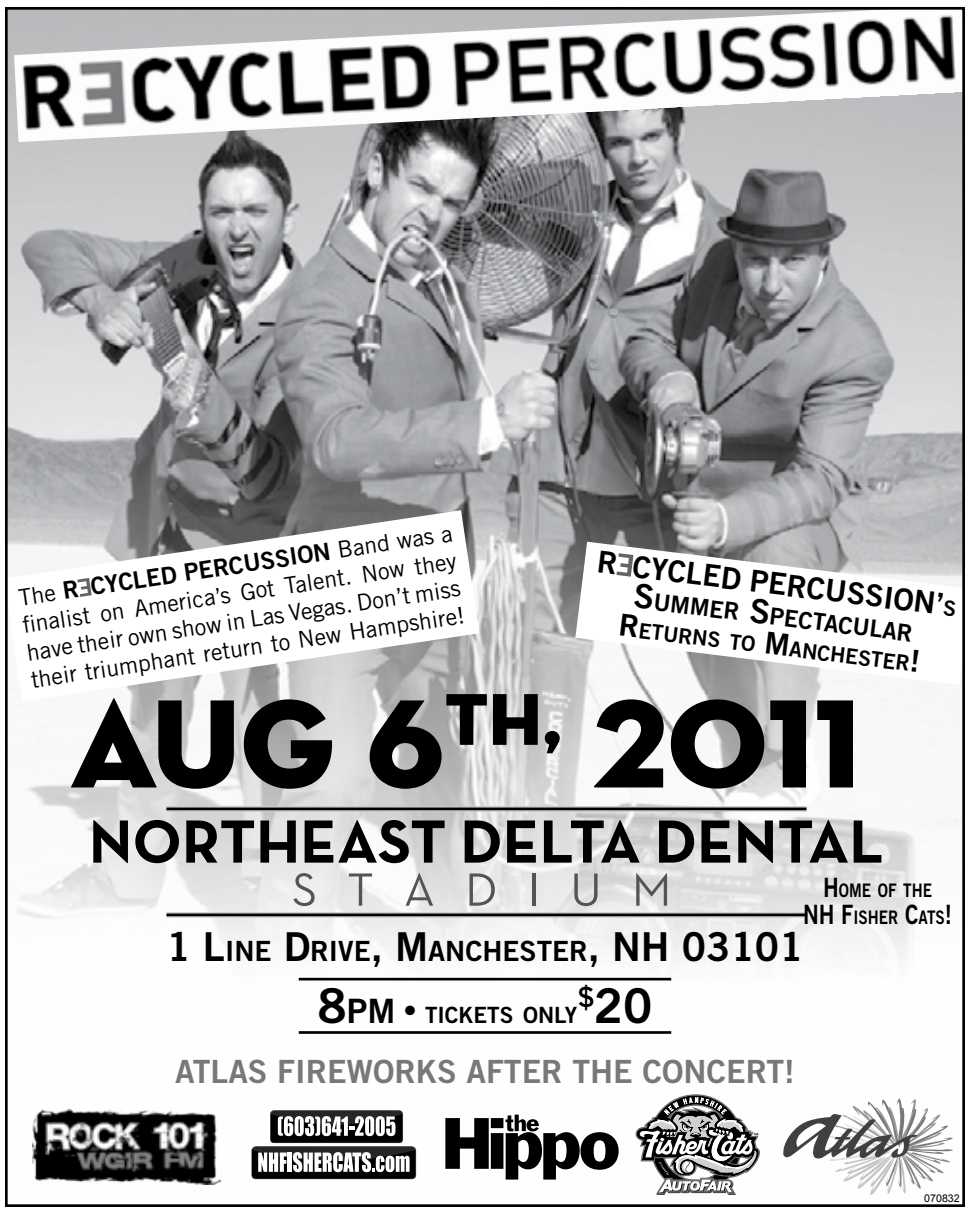
That is a great question! To which I am going to politely avoid the answer. Yes, most of the songs on the record reference actual experiences and real-life encounters. But to out people would be unfair.

You're getting good at this press thing. That was an artful dodge.

Maybe I should run for president or something.

All Time Low with Mayday Parade and We Are The In Crowd
Where: Casino Ballroom, 169 Ocean Boulevard in Hampton Beach
When: Monday, Aug. 1, at 6:30 p.m.
Tickets: $24 ($27 day of show) at www.casinoballroom.com

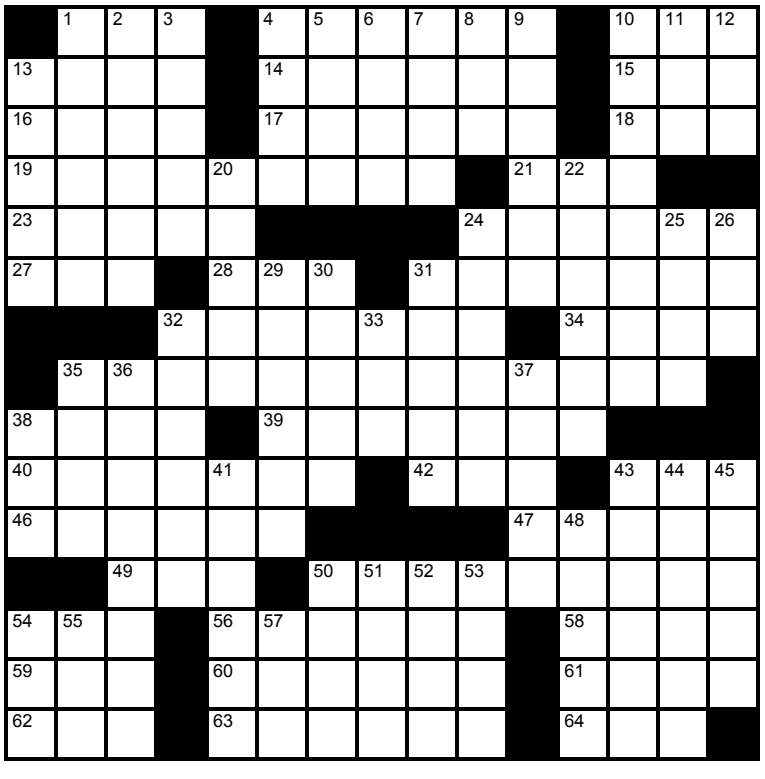




Burning ring of puzzles — RockandRollCrosswords.com by Todd Santos

Across

1. Acronymic Pearl Jam 'Yield' song
4. Indiana pop-punkers
10. Smashing Pumpkins '__ Adore'
13. David Gray '__ __ My' (2,2)
14. Alanis Morissette homeland
15. Mellancamp 'Get A __ Up'
16. Hendrix' locks
17. "I fell into a burning __ __ fire" (4,2)
18. ELO-inspired band
19. Tom Waits flame Jones (6,3)
21. How __ __ Supposed To Live Without You (2,1)
23. 'My Own Prison' band
24. Rush's 13th
27. Punk hoppers __ PE
28. The Decemberists home, for short
31. Female Beatle concertgoer?
32. '77 Floyd album
34. ___ Prudence
35. 'I and Love and You' band (5,8)
38. Electronic Brit Aphex __
39. Squeeze smash
40. Kiss '__ __ All I Can' (4,3)
42. System Of A Down (abbr)
43. Prize of a rare album
46. What crowd will do when tix sell out
47. Movie Pamela and Tommy Lee made
49. 'Warm Love' Morrison
50. "____, why don't you come to your senses?"
54. Simon and Garfunkel, for one
56. San Fran band Erase ____
58. Springsteen "His body hit the street with such a beautiful __"
59. Gorillaz 'Feel Good, __'
60. Floyd song that goes up and down? (hyph)
61. Suidakra 'Guilded ___'
62. Famous Buffalo jam band
63. Punk band ____ Of London
64. Huge UK mag (abbr)

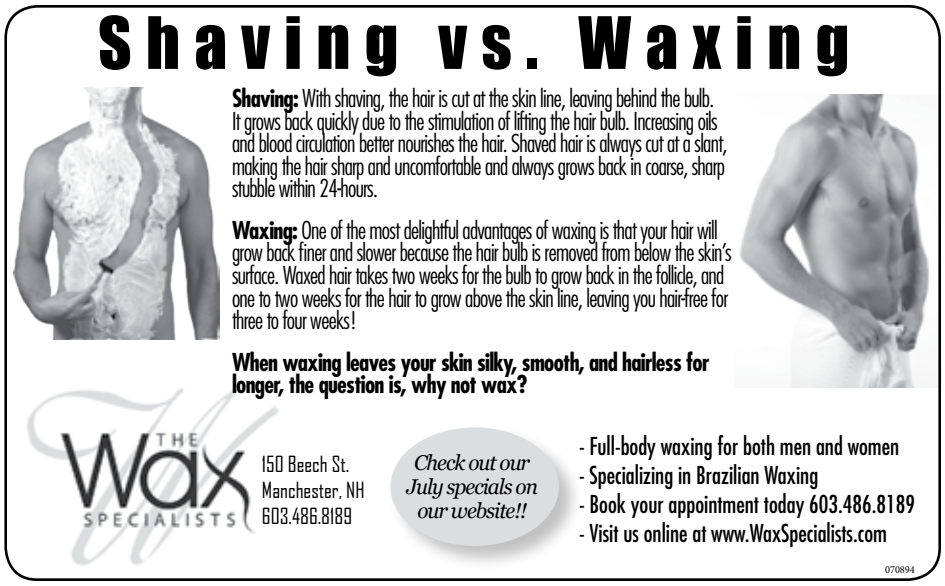


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Written By: Todd Santos









MUSIC THIS WEEK

Allenstown
Ground Zero
48 Allenstown Rd.

Amherst
Club Comedy at Amherst Country Club
72 Ponemah Road, 673-9908

Auburn
Auburn Pitts
167 Rockingham Rd, 622-6564
Holidays Bar and Grill
346 Hooksett Road, 483-0880

Barrington
Chip 'N Run Pub Nippo Lake Golf Course, 550 Province Rd. 664-2030

Barnstead
Barnstead Music Hall 96 Maple St., 269-2000

Belmont
The Lodge at Belmont
Route 106, 877-872-2501
Top of the Town
88 Ladd Hill Rd, 528-3244
Vineyards Restaurant
171 DW Highway

Boscawen
Alan's
133 N. Main St., 753-6631

Brookline
The Loft at the Grange
12 Main St., 315-9423

Candia
Henderson's Pickin' Parlor
179 Raymond Rd, 483-5001

Concord
The Barley House
132 N. Main St., 228-6363
Beijing & Tokyo
61 S. Main St., 228-0888
Border's
76 Fort Eddy Rd, 224-1255
Green Martini
6 Pleasant St., 223-6672
Hermanos
11 Hills Ave., 224-5669
Loudon Road Restaurant and Pit Road Lounge
388 Loudon Rd, 226-0533
Makris
354 Sheep Davis, 225-7665
Penuche's Ale House
6 Pleasant St., 228-9833
The Red Blazer
72 Manchester St., 224-4101

Contoocook
Beech Hill Farm
107 Beech Hill Rd

Davisville
Muddy Pond Jazz Deal grounds of Davisville Flea Market, 805 Route 103 East (exit 7 off I-89), 746-4000

Deerfield
Lazy Lion Café
4 North Road, 463-7374

Derry
Adams Opera House
29 W. Broadway/ Rte 102
Brookstone Grille
14 Route 11 E., 328-9250
Burgundy's Billiards
35 Manchester St., 437-6600
Coffee Factory
55 Crystal Ave., 432-6006
Deerhead Club
314 Londonderry Turnpike,
Halligan Tavern
32 W. Broadway, 965-3490
King's Row
1 E. Broadway
Steve-N-James Tavern
187 Rockingham, 434-0600

Dover
American Legion Post 8
640 Central Ave.
Barley Pub
328 Central Ave.,742-4226
Dover Elks Lodge
282 Durham Road
Dover Bowl
887 Central Ave., 742-9632
Dover Brick House
2 Orchard St., 749-3838
11th Frame Bar
887 B Central Ave., 742-9632
Fury's Publick House
312 DW Highway, 617-3633
Jimmy's Sports Bar
15 Mechanic St., 740-4477
Kelley's Row
421 Central Ave., 750-7081
The Loft at Strafford Farms
58 Route 108, 743-3045
RJ's
83 Washington St.
Roger's Pizza
869 Central Ave., 742-9870
Station House
11 Fourth St., 743-4489
Top of the Chop
One Orchard St., 740-0006

Durham
Acorns Restaurant
15 Strafford Ave., 862-2815

Epsom
Circle 9 Ranch
Windymere Dr., 736-9656

Epping
American Legion
232 Calef Hwy. (Rt. 125)
Holy Grail Food & Spirits
64 Main St., 679-9559

Exeter
Shooter's Pub
10 Columbus Ave., 772-3856

Franklin
Artemis Event Center
20 Canal St., 934-2000

Gilford
Ellacoya Barn & Grille
2667 Lakeshore Rd, 293-8700
Gunstock Ski Area
719 Cherry Valley, 293-4341
Patrick's
18 Weirs Road, 293-0841

Goffstown
Village Trestle
25 Main St., 497-8230
Wa Toy
611 Mast Road, 668-1088

Hampstead
The Pasta Loft
220 E. Main St., 378-0092
Route 111 Village Square
472 State St., 329-6879

Hampton
Boardwalk Inn
139 Ocean Blvd., 929-7400
Breakers By the Sea
409 Ocean Blvd, 926-7702
La Bec Rouge
73 Ocean Blvd, 926-5050
Old Salt
409 Lafayette Rd, 926-8322
Sea Shell Stage
on Ocean Blvd.
Ron's Landing
379 Ocean Blvd, 929-2122,
Wally's Pub
144 Ashworth Ave., 926-6954
Whales Tales
169 Ocean Blvd, 967-4771

Henniker
Daniel's
Main St., 428-7621
Pat's Peak Sled Pub
24 Flander's Road, 888-728-7732
The Henniker Junction
24 Weare Rd., 428-8511

Hillsborough
American Legion Post 59
538 West Main St
Boomerang's
37 Henniker St., 464-3912
Mr. Bill's Saloon
55 Henniker St.

Hollis
Alpine Grove
19 S. Depot Rd, 882-9051

Hooksett
Asian Breeze
1328 Hooksett Rd, 621-9298

Hudson
AJ's Sports Bar & Grill
11 Tracy Lane,718-1102
JD Chaser's
2B Burnham Rd, 886-0792
King's Court
222 Central St., 821-5100

Kingston
The Kingston
1686 House Tavern
127 Main St., 642-3637
Rick's Cafe & Grille
143 Main St., 642-3833

Laconia
Anthony's Pier Restaurant
263 Lakeside Ave., 366-5855
Baja Beach Club @ China Bistro
89 Lake St., 524-0008
Black Cat Café
17 Veterans Sq., 528-3233
Broken Spoke Saloon
1072 Watson Rd, 366-5511
Cactus Jacks
1182 Union Ave., 528-7800
The Crazy Gringo
306 Lakeside Ave., 366-4411
Fratello's
799 Union Ave., 528-2022
Margate Resort
76 Lake St., 524-5210
Naswa Resort
1086 Weirs Blvd., 366-4341
Paradise Beach Club
322 Lakeside Ave., 366-2665
Patio Garden Restaurant
Lakeside Ave.
The Studio
84 Union St., 455.8008
Weirs Beach Lobster Pound
72 Endicott St., 366-2255
Weirs Beach Smokehouse
Rt 3 Laconia, 366-2400

Londonderry
Coach Stop Restaurant and Tavern
176 Mammoth Rd, 437-2022
Mayflower Grange
535 Mammoth Rd, 867-3077
Stumble Inn Bar & Grill
20 Rockingham Road
Whippersnappers
44 Nashua Road, 434-2660

Loudon
Graverobbers Coffeehouse
Loudon Congregational Church, 7018 Church St., 783-9478

Manchester
900 Degrees
50 Dow St., 641-0900
American Legion Wm H Jutras & Post No 43
56 Boutwell St., 623-9467
American Legion Post #79
35 W. Brook St.
American Legion Sweeney Post
251 Maple St., 623-9145
Black Brimmer
1087 Elm St., 669-5523
Bo's Riverside
500 Commercial St.,625-4444
Boynton's Taproom
155 Dow St., 623-7778
Breezeway Pub
14 Pearl St., 621-9111
City Sports Grille
216 Maple St., 625-9656
Club 313
93 S. Maple St., 628-6813
Club Liquid
23 Amherst St., 645-7600
Derryfield Country Club
625 Mammoth Rd, 623-2880
Don Quijote
333 Valley St., 792-1110
Element Lounge
1055 Elm St., 627-2922
Fratello's
155 Dow Street, 624-2022
Gaucho's Churrascaria
62 Lowell St., 669-9460
Hanover St. Chophouse
149 Hanover St., 644-2467
The Hilton Garden Inn
101 S. Commercial St., 669-2222
Ignite Bar & Grille
100 Hanover St., 494-6225
Jam Factory
1211 Elm St., 203-1458
Jewell & The Beanstalk
793 Somerville St., 624-3709
Jillian's Billiard Club
50 Philippe Cote Drive, 626-7636
Johnny Bad's
542 Elm St., 222-9191
J.W. Hill's
795 Elm St., 645-7422
Lafayette Club
387 Canal St., 623-9323
Lazy Nick's Coffee House
362 Huse Road, 232-7187
Mad Bob's Saloon
342 Lincoln St., 669-3049
McGarvey's
1097 Elm St., 627-2721
Milly's Tavern
500 Commercial St., 625-4444
Moe Joe's
2175 Candia Rd, 668-0131
Mulligan's
424 Lake Ave., 623-6342
Murphy's Taproom
494 Elm St., 644-3535
My Friend's Bar and Grill
507 Maple St., 627-3444
NH Institute of Art
148 Concord St.
New England Revival Coffehouse
Calvary Fellowship Church, 60 Bailey Ave., 625-9550,
Olympic Lounge
506 Valley St., 644-5559
Piccola's Upstairs Lounge
815 Elm St.
Penuche's Grill
96 Hanover St., 626-9830
Raxx Billiards
1211 Elm St., 203-1458
Rocko's Bar & Grill
253 Wilson St., 626-5866
Sam Adams Bar & Grill
Northeast Delta Dental Stadium, 1 Line Drive., 641-2005
The Shaskeen
909 Elm St., 625-0246
Starbucks
1111 S. Willow St., 641-4839
Strange Brew Tavern
88 Market St., 666-4292
Theos
102 Elm St., 669-4678
Unwine'd
865 Second St., 625-9463
Wally and Bernie's
20 Old Granite St., 641-2583
The Wild Rover
21 Kosciuszko St., 669-7722
Workmen's Club
183 Douglas St.
XO on Elm
827 Elm St., 206-5721
The Yard
1211 S. Mammoth Road, 623-3545
Z Food and Drink
860 Elm St.

Meredith
Camp
300 DW Highway, 279-3003
Giuseppe's Ristorante
312 DW Highway, 279-3313

Merrimack
The Homestead
641 DW Highway, 429-2022
Jade Dragon
515 DW Highway, 424-2280

Milford
American Legion
15 Cottage St., 673-9804
Chapanga's
168 Elm St., 249-5214
Elisha's Restaurant
437 Nashua St., 249.9353
J's Tavern
63 Union Sq., 249-9222
The Pasta Loft
241 Union Sq., 672-2270
Madison's Irish Pub
586 Nashua St.
Tiebreakers at Hampshire Hills
50 Emerson Road, 673-7123

Nashua
The Amber Room
53 High St., 881-9060
Boston Billiard Club
55 Northeastern Blvd., 595-2121
The Bounty
Holiday Inn, 9 Northeastern Blvd., 800-230-4134
Club Social
240 Main Dunstable Road. 889-9838
Country Tavern
452 Amherst St., 889-5871
Estabrook Grill
57 Palm St., 943-5035
Fody's Tavern
9 Clinton St., 577-9015
Gate City Pub
56 Canal St., 598-8256
Haluwa Lounge
Nashua Mall, 883-6662
Killarney's Irish Pub
Holiday Inn, 888-1551
Lafayette Club
34 High St, 889-9860
Laureano Nightclub
245 Main St.
Martha's Exchange
185 Main St., 883-8781
Michael Timothy's
212 Main St., 595-9334
Nashua Garden
121 Main St., 886-7363
Old Amsterdam Bar
8 Temple St., 204-5501
The Peddler's Daughter
48 Main St., 880-8686
Penuche's Ale House
4 Canal St., 595-9831
Pine Street Eatery
136 Pine St., 886-3501
The Polish American Club
15 School St., 889-9819
Sausage King
53 Main St., 204-5110
Shorty's
Nashua Mall, 882-4070
Simple Gifts Coffee House
58 Lowell St.
603 Lounge
14 W. Hollis St., 821-5260
The Sky Lounge
522 Amherst St., 882-6026
Slade's Food & Spirits
4 W. Hollis St., 886-1334
Stella Blu
70 E. Pearl St., 578-5557
Sun Plaza Bar & Grille
295 DW Hwy, 888-4904
Villa Banca
194 Main St., 598-0500

New Boston
Gravity Tavern
35 Mont Vernon Rd, 487-2011

Newmarket
Lamprey River Tavern
110 Main St., 659-3696
KJ's Sports Bar
N. Main St., 659-2329
Stone Church
5 Granite St., 292-3546

Newton
Hen House Sports Bar & Grill
85 S. Main St., 382-1705

Pelham
Shooters
116 Bridge St., 635-3577

Peterborough
Harlow's Pub
3 School St., 924-6365
Peterborough Players Theater
Hadley Road

Plaistow
Corner Pocket
181 Plaistow Rd., 382-3130
Dugout Grille
93 Main St., 819-4947
The Sad Café
148 Plaistow Rd,382-8893

Portsmouth
American Legion Post 6
96 Islington St.
Blue Mermaid Island Grill hill at Hanover and High streets, 427-2583
Daniel Street Tavern
111 Daniel St.
Dolphin Striker
15 Bow St., 431-5222
Fat Belly's
2 Bow St. 610-4337
Gas Light Co.
64 Market St., 431-9122
The Hilton Garden Inn
100 High St., 431-1499
Jitto's Supersteak
3131 Lafayette Rd, 436-9755
The Music Hall
104 Congress St., 433-3100
Paddy's American Grill
27 International Dr., 430-9450
Players Ring Theater
105 Marcy St., 436-8123
Portsmouth Pearl
45 Pearl St., 431-0148,
Press Room
77 Daniel St.,431-5186
The Red Door
107 State St., 373-6827
Red Hook Brewery
35 Corporate Dr., 430-8600
Ri Ra Irish Pub
22 Market Square, 319-1680
Rudi's
20 High St., 430-7834
Rusty Hammer
49 Pleasant St., 436-9289
The Wet Bar
172 Hanover St.

Raymond
Famous Legends Bar & Grill at Strikers East
4 Essex Drive
Freetown Yankee Market
58 Route 27, 895-3418

Salem
Black Water Grill
43 Pelham Road, 328-9013
Jocelyn's Lounge
355 S. Broadway, 870-0045
Maggie May's
326 S. Broadway, 893-4055
Sayde's Restaurant
136 Cluff Crossing Rd, 890-1032
The Varsity Club
67 Main St., 898-4344

Sandown
The Crossing
328 Main St.

Seabrook
American Legion Post 70
169 Walton Road
Chop Shop Pub
920 Lafayette Rd, 474-6001
Honey Pot Bar & Lounge
920 Lafayette Rd, 760-2013
Master McGrath's
Route 107, Seabrook, 474-6540
Prime Time Sports Grill
620 Lafayette Rd, 760-7230

Stratham
Acoustic Outfitters
72 Portsmouth Ave.778-9711

Sunapee
One Mile West Tavern
6 Brook Road, 863-7500
Sunapee Coffee House
Methodist Church, Route 11

Tilton
Thirsty Crows
504 Laconia Road, 524-5558

Wilton
Pine Hill Auditorium
Pine Hill Waldorf School, 77 Pine Hill Dr.,

Windham
Jonathon's Lounge
Park Place Lanes, Route 28, 800-892-0568

Thursday, July 28

Auburn
Holiday's: Twilight Gypsy

Candia
Henderson's: acoustic open mike

Concord
Green Martini: open mike w/ Steve Naylor
Hermanos: Richard Gardzina
Makris: Allen Roux
Tandy's: DJ

Derry
Brookstone Grille: Eric McFadden

Dover
Barley Pub: bluegrass jam w/ Steve Roy
Brick House: Grand Hotel, The Neuromantics, The Blue Heaven
Kelley's Row:DJ Evaredy
RJ's: DJ J-Smooth
Station House: open mike w/ Dave Nappy Band

Epping
Holy Grail: Aaron Denney

Gilford
Patrick's: Michael Bourgeois

Hampstead
Pasta Loft: Beloved Few
Village Square: DJ

Hampton
The Ashworth: The Restless Campbells
Wally's Pub: Hot Like Fire

Laconia
Pitman's Freight Room: Davis & Deleault

Londonderry
Coach Stop: Rod Mackenzie
Whippersnappers: Minor Issues

Manchester
Black Brimmer: DJ Chad
Club 313: DJ Suga Shane
Derryfield: Mugsy Duo
Element: DJ Jason
Murphy's: Seven Nations
Rocko's: Kills and Thrills, Manners, Lions Lions, Free Beer, Lion Calvary
Starbucks: Fate Revisited
Strange Brew: Soup du Jour
Unwine'd: Chad LaMarsh
Wild Rover: blues jam w/ Wan-Tu Blues Band

Meredith
Giuseppe's: Mary Fagen

Merrimack
Homestead: Alli Beaudry

Milford
Clark's: Seamus & Company
Chapanga's: open mike w/ Driven
Pasta Loft: Paul Fudin

Nashua
Amber Room: DJ
Amsterdam: DJ
Fody's: Josh Logan Band

New Boston
Gravity Tavern: Lisa Guyer

Newton
Hen House: acoustic open mike w/ John Porazinski

Peterborough
Harlow's Pub: bluegrass jam w/ JT

Portsmouth
Gaslight: Dave Clark Duo
Press Room: Kate Redgate
Red Door: Local Heroes, Press Project MCs Face of Fate & Bcap w/ Obie
Rudi's: Dimitri

Salem
Murray's: DJ Erik

Seabrook
Chop Shop: Arty Raynes

Friday, July 29

Allenstown
Ground Zero: Tonight Will Fall, A Beautiful Oblivion





On the scene



Band members of the world, unite and take over

Do you have an upcoming show? Make sure that even if the venue doesn't let us know, it gets listed in the Music This Week by sending us updates of your upcoming gigs. Send locations, dates and times for your upcoming shows to music@hippopress.com. Send information by noon on Monday to get listed for the coming week. Or send us links to your regularly updated website or MySpace page.

... or you, with a club...

Does your bar/restaurant/coffeeshop frequently host musical performances? Send the information to music@hippopress.com along with your address and phone number so we can get you into the Music This Week. And if *you* regularly update your website or MySpace page, you can send us those links as well. Get the information in by noon on Monday to make the coming Thursday's paper.

... and if you are a music fan...

If you're out on the scene and see a show at a location not regularly listed in the Music This Week, let us know at music@hippopress.com. Our goal is to give you the most complete live music listings in the region each and every week.

In the spotlight



Bright Eyes at Meadowbrook

American indie/folk band Bright Eyes will take the stage at Meadowbrook U.S. Cellular Pavilion, 72 Meadowbrook Lane, Gilford, on Thursday, July 28, at 6:30 p.m. The band, including its three founding members Conor Oberst, Mike Mogis and Nathaniel Walcott, released its most recent album, *The People's Key*, in February. Bright Eyes also draws from a rotating lineup of collaborators from the indie music scene in Omaha, Neb. Ticket prices range from $20 to $33 at www.meadowbrook.net or by calling 293-4700.

Belmont
Lodge: Josh Logan Band
Top of the Town: Joe Holiday

Concord
Red Blazer: Chafed
Tandy's: DJ

Deerfield
Lazy Lion: Dwight Phetteplace

Dover
Barley Pub: Justin Lantrip
Brick House: Ron Noyes Band, Vessel
Kelley's Row: Monkey Fist Incident
RJ's: DJ Big Pez

Epping
Holy Grail: Tim Cannon

Exeter
Shooter's: DJ BiggZ

Gilford
Patrick's: Randy Arrant

Goffstown
Village Trestle: acoustic jam w/ John Erlman

Hampstead
Pasta Loft: Holiday Joe

Hampton
La Bec Rouge: First Shot
Wally's Pub: Last Laugh

Hudson
AJ's: Liquid Audio Project
JD Chaser's: Phoenix

Kingston
1686 House Tavern: Mike Belkas

Laconia
Broken Spoke Saloon: Locked 'n Loaded
Fratello's: Paul Warnick

Londonderry
Coach Stop: Kieran McNally
Whippersnappers: Ript

Manchester
Black Brimmer: Johnny Friday Band
Club 313: DJ Bob, DJ Dave G
Derryfield: Nate & Dimitri, Triple Tantrum
Fratello's: Doug Thompson
Milly's: DJ Clashious Clay
Murphy's: Brian Johnson Duo, Mama Kicks
Rocko's: Beneath the Machine, Promise Me Empires, Cherry Hill, Brink of Insanity, Oceans Deep, The Revenant, I Came I Saw I Conquered
Shaskeen: Tone Bone
Strange Brew: BJ Magoon & Driving Sideways

Meredith
Giuseppe's: Michael Bourgeois, DJ Holy Cow

Merrimack
The Homestead: Marc Apostolides

Milford
Chapanga's: Banshee
Clark's: Gary Lopez
Pasta Loft: Fatback

Nashua
Amber Room: DJ Lou, DJ Danjah
Amsterdam: DJ
Fody's: Smokehouse Lightning
Martha's Exchange: DJ Spivak
Peddlers Daughter: Take 4

New Boston
Gravity Tavern: Charlie Christos

Newton
Hen House: DJ

Plaistow
The Dugout: DJ Boo

Portsmouth
Blue Mermaid: Hellcat Choir
Gas Light: Friday Addiction, Tony Santesse, DJ Koko P
Isles of Shoals: Max Sullivan Group
The Page: DJ
Red Door: D-Lux & Wheels
Press Room: Whiskey Kill
Rudi's: Steve Roy

Salem
Black Water Grill: Rob Breton
Jocelyn's: DJ
Murray's: Fixed Income

Seabrook
Chop Shop: 80mph
Honey Pot: DJ
Prime Time: Fret Buzz

Saturday, July 30

Belmont
The Lodge: Natalie Turgeon Band
Top of the Town: Joe Holiday

Concord
Hermanos: Mary Fagen
Tandy's: DJ

Dover
Brick House: State of Disgrace, The Uprisers, Wisdom in Chains, Word for Word, Yellow Stitches
Kelley's Row: Brandon Lepere
RJ's: DJ

Epping
Holy Grail: Half Moon

Epsom
Circle 9 Ranch: Craig Kendall & the Northwood Playboys

Gilford
Patrick's: Chuck Kelsey

Hampstead
Village Square: Newbie Stu

Hampton
Wally's Pub: Last Laugh

Laconia
Broken Spoke Saloon: Pete Snow, Chris Fitz Band
Naswa: High Altitude, Souled Out Show Band
Paradise Beach Club:

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Friday, July 29, 2011

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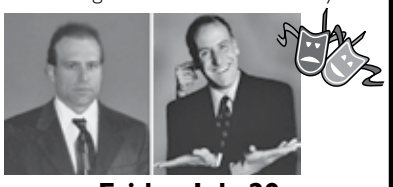
Spend $10.00 or more on an entree at Jokers Sports Bar and Bistro and receive 1/2 off admission with receipt. (Located on premise)

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LES DUDEK

Thursday, July 28
8:00 p.m.
$30
RS-Theater

NIGHT OF COMEDY
Featuring Paul Nardizzi & Tom Hayes

Friday, July 29
8:00 p.m. • $17 • RS-Tables

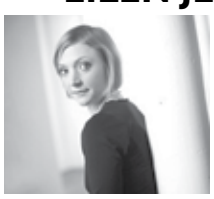
TIM ROBBINS
& the Rogues Gallery Band

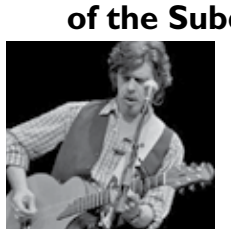
Sunday, July 31
7:00 p.m.
$40
RS-Theater

CTA
California Transit Authority
Sunday, August 7
7:00 p.m.
$35/$40
RS-Theater

The Stray Cat LEE ROCKER

Wednesday, August 10
8:00 p.m.
$40
RS-Theater

EILEN JEWELL

Friday, August 19
8:00 p.m.
$20
RS-Theater

TOMMY MALONE
of the Subdudes

Saturday, August 20
8:00 p.m.
$25
RS-Theater

ALBERT LEE & JOHN JORGENSON

Wed., August 24
8:00 p.m.
$35/$40
RS-Theater

CURTIS SALGADO

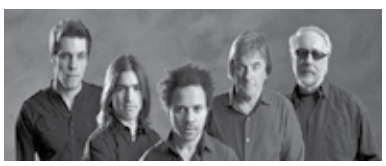
Friday, August 26
8:00 p.m.
$25
RS-Theater

NIGHT OF COMEDY
Featuring Jim Lauletta

Saturday, August 27
8:00 p.m.
$17
RS-Tables

THE TARTAN TERRORS

Friday, September 2
8:00 p.m. • $20 • GA

THE YARDBIRDS

Sunday, September 4
7:00 p.m. • $40 • RS-Theater

LEO KOTTKE

Thursday, Sept. 8
8:00 p.m.
$45
RS-Theater

THE ADAM EZRA GROUP

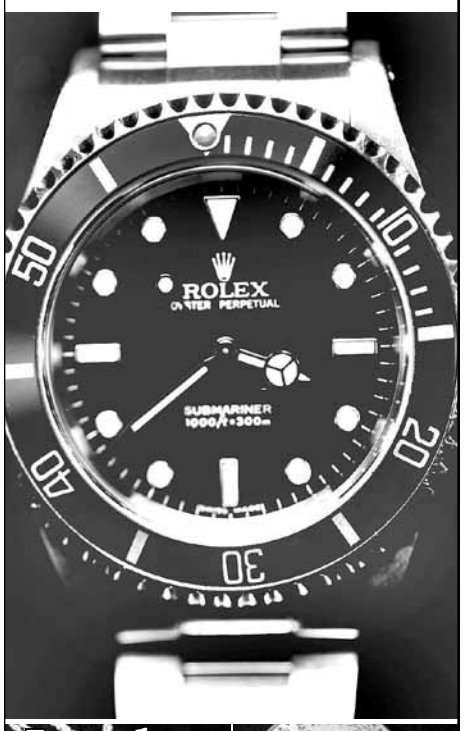
Friday, September 9
8:00 p.m. • $15 • GA

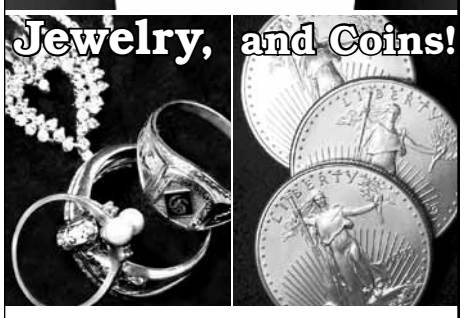
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Wildside

Londonderry
Whippersnappers: Souled Out Show Band

Manchester
Black Brimmer: Take 4
Club 313: DJ Bob
Derryfield: Dave Clark Duo, Coverslip
Fratello's: Charlie Strater
Murphy's: Business Time, Max Sullivan
Rocko's: SupaFresh Family, 3MCs, Young White, Good Hue Music, V.C.O.D., Luke the Duke, The Truth
Shaskeen: Irish sessions w/ Roger Burridge, Doug Ratner and the Watchmen
Strange Brew: The Paramounts
Wild Rover: The Sundogs
The Yard: Jonathan Scott and the Blazing Hearts

Meredith
Giuseppe's: Chris Mega, No Limitz

Merrimack
The Homestead: Marc Apostlolides

Milford
Clark's: David Silva
Pasta Loft: Tom Russo, Take 4

Nashua
Amber Room: DJ
Fody's: Mad Express
Martha's Exchange: DJ

New Boston
Gravity Tavern: Raising Scarlet

Portsmouth
Blue Mermaid: AJ Grey w/ Jamie Brewer
Gas Light: Tony Santesse, Livin the Dream, Tim Gurshin, DJ JW
The Page: DJ
Press Room: jazz lunch w/ Larry Garland, Chronic Jazz Syndrome
Red Door: Jevne, Gary Kim
Rudi's: Dimitri & Danny

Salem
Jocelyn's: Ron Drolet
Murray's: Tom Ballerini Blues Band

Seabrook
Chop Shop: Tripwire

Sunday, July 31

Allenstown
Ground Zero: Back to Normal, Illa, Emerson

Concord
Hermanos: Jazz Guitar Project
Penuche's: open mike w/ Steve Naylor

Dover
Barley Pub: Patrick Breiner
Brick House: DJ Erich Kruger
RJ's: DJ

In the spotlight



Bluegrass festival

Enjoy the music of regional and local bluegrass bands at the Pemi Valley Bluegrass Festival at Branch Brook Campground in Campton from Thursday, Aug. 4, through Sunday, Aug. 7. The festival will feature eight-time International Bluegrass Music Association (IBMA) Fiddle Player of the Year Michael Cleveland & Flamekeeper. The winners of the 2011 IBMA Song of the Year, The Gibson Brothers, will also perform. Other scheduled acts include Acoustic Blue, Bear Tracks, Hot Mustard, Monadnock, The Manhattan Valley Ramblers, NewFound Grass, The Parker Hill Road Bad, The Pine Hill Ramblers, Remington Ryde and Southern Rail. Ticket prices range from $15 to $75 at www.pemivalleybluegrass.com.

In the spotlight



Oli Brown opens

U.K. artist Oli Brown will open for guitar great Les Dudek at Tupelo Music Hall, 2 Young Road, Londonderry, on Thursday, July 28, at 8 p.m. In 2008, Brown served as the only U.K. act to be selected to perform at the International Blues Convention in Memphis. The guitarist, who is endorsed by Vanquish Guitars, also served as a headliner on the blues and jazz stage at the Glastonbury Festival in 2010. Brown's most recent album, *Heads I Win, Tails You Lose*, was released last summer. Tickets cost $30 at www.tupelolondonderry.com or by calling 437-5100.

In the spotlight



Shemekia Copeland

As part of the 2011 Lowell Folk Festival, blues singer Shemekia Copeland will perform at Boarding House Park in Lowell on Friday, July 29, at 9:15 p.m., and Saturday, July 30, at 5 p.m. Copeland will also perform at the Dutton Street Dance Pavilion on Saturday, July 30, at 8:45 p.m. Copeland, a Grammy nominee, has won eight Blues Music Awards and many Living Blues Awards, including 2010 Blues Artist of the Year; her voice has drawn comparisons to Etta James, Koko Taylor, Aretha Franklin and Ruth Brown. All three performances are free to the public. Call 978-970-5000 or visit www.lowellfolkfestival.org for more information.

Goffstown
Village Trestle: blues jam

Hampstead
Pasta Loft: Gardner Berry

Hampton
The Ashworth: Lit on the Flash
Wally's Pub: Before the Crash

Kingston
Rick's: blues and rock open mike w/ Bobby Freedom

Laconia
Broken Spoke Saloon: Josh Logan

Londonderry
Whippersnappers: Troy & Tramack

Manchester
900 Degrees: blues open mike night w/ Tom Ballerini
Derryfield: Nimbus 9
Milly's: Dom and Reid from Manchuka
Penuche's: blues jam w/ The Deep Pockets
Rocko's: Gideon, All's Quiet, Thoughts in Reverse, A Gasp for Air, The Stigma Theory
Shaskeen: sing-along w/ the Spain Brothers
Strange Brew: Acoustic Duo

Meredith
Giuseppe's: open mike w/ Lou Porrazzo

Nashua
Fody's: open mike w/ Chad Verbeck

Portsmouth
Blue Mermaid: open mike
Gaslight: Doug Mitchell, Cody James & Revelation
Press Room: Ryan Parker and Les Harris Jr.
Red Door: Green Lion Crew
Rudi's: jazz brunch w/ Lex and Joe

Stratham
Acoustic Outfitters: acoustic open mike w/ Ellen Carlson

Monday, Aug. 1

Candia
Henderson's Pickin' Parlor: electric rock open mike

Concord
Red Blazer: open mike w/ Matt Langley

Dover
Castaway's Boathouse: Denis Patrick's Merry Pranksters' open mike
Orchard Street Chop Shop: open mike w/ Dave Ogden

Hampton
La Bec Rouge: open mike w/ Elijah Clark
Wally's Pub: DJ

In the spotlight



Scott at the Midnight Rodeo

Celebrate the second anniversary of the Midnight Rodeo Bar at The Yard, 1211 S. Mammoth Road, Manchester, with Jonathan Scott and the Blazing Hearts on Saturday, July 30, at 7 p.m. Scott, winner of the 2008 North American Country Music Association Male Vocalist of the Year, Male Entertainer of the Year and Band of the Year, performs regularly throughout New England and often makes his way into the audience with a wireless microphone for a more intimate performance. E-mail dance@midnightrodeobar.com for more information.

In the spotlight



Rico Barr

The Hampton Beach Shell will be swinging when Rico Barr and the Jump 'n' Jive Review takes the stage on Saturday, July 30, at 7:30 p.m. Nominated as Swing Band of the Year, the band has scored two Swing Top 40 hits and Barr has received nominations for best vocalist and drummer. The band has performed at the Cape Cod Jazz Festival, Manchester Jazz & Blues Festival and Hampton Beach Seafood Festival. The show is free and open to the public.

Manchester
Derryfield: Lisa Guyer
Fratello's: Gary Lopez
Milly's: Dom and Reid of Manchuka

Meredith
Camp: acoustic open mike w/ Linden Mazurka
Giuseppe's: Lou Porrazzo

Merrimack
The Homestead: Tim Cannon

Milford
J's Tavern: acoustic open mike

Nashua
Fody's: DJ Mark Allen

Portsmouth
Gas Light: Pat Foley
Press Room: Matt Langley Combo

Tuesday, Aug. 2

Concord
Barley House: Irish sessions

Dover
Brick House: acoustic open mike w/ Anthony Vito Fiandaca, Dead to Me, Off With Their Heads, The Cryptics, The Fake Boys, The Holy Mess
RJ's: DJ

Hampstead
Pasta Loft: acoustic open mike w/ Mike Belkas

Hampton
Wally's Pub: Liquid Courage, Baked Naked

Londonderry
Whippersnappers: video DJ

Manchester
Black Brimmer: DJ Billy Rears
Derryfield: Tony Santesse
Fratello's: Alli Beaudry
Milly's: Manchuka
Murphy's: open mike w/Josh Logan, Nate Comp and Paul Costley
Strange Brew: Strange Brew All Stars

Meredith
Giuseppe's: Michael Bourgeois

Merrimack
Homestead: Tom Yoder

Milford
J's Tavern: G Man from Mama Kicks

Nashua
Fody's: DJ Mark Allen

Portsmouth
Gas Light: Jimmy D
Press Room: jazz jam w/ Larry Garland, hoot open mike w/ Rick Watson

Seabrook
Honey Pot: open mike

Wednesday, July 27

Antrim
Redneck's: open mike w/ the Boogiemen

Auburn
Holiday's: DJ Captain Chris

Boscawen
Alan's: open mike

Concord
Green Martini: open mike w/ Steve Naylor
Tandy's: DJ

Dover
Brick House: Mary Lee and the Fauves, The Black Cadillacs
Fury's: open mike w/ Paul Chase
Three Chimneys Inn: open mike

Exeter
Shooters: Red Sky Mary

Hampton
The Ashworth: Islandside
Wally's Pub: DJ

Kingston
The Carriage Towne Bar & Grille: Mike Belkas

Laconia
Naswa: Joel Cage

Manchester
Black Brimmer: Tom Dizon Band
Derryfield: Pat Foley
Fratello's: Doug Mitchell
Jam Factory: open jazz jam
Penuche's: open mike w/ Friday After Five
Strange Brew: John Ross

Meredith
Giuseppe's: Dan Bergeron

Merrimack
The Homestead: Gardner Berry

Milford
Clark's: open mike
J's Tavern: Lisa from Mama Kicks
Pasta Loft: open mike

Nashua
603 Lounge: open mike w/ Kevin Horan
Peddlers Daughter: Revels Glen
Sausage King: open mike w/ John Borlaug

Peterborough
Harlow's Pub: open mike

Portsmouth
Blue Mermaid: open mike w/ Tom Brown and Duke Mandell
Gas Light: Dave Gerard
Press Room: Lester Hirsch
Red Door: Red on Red w/ Evaredy
Rudi's: Dimitri

COMEDY THIS WEEK AND BEYOND

Thursday, July 28

Hampton
Casino Ballroom: Brian Regan

Nashua
Fody's: Alana Susko

Friday, July 29

Hampton
Casino Ballroom: Lisa Lampanelli

Londonderry
Tupelo: Paul Nardizzi and Tom Hayes

Manchester
Boynton's: comedy standoff hosted by Lamont Price

Saturday, July 30

Manchester
Headliners: Johnny Pizzi

Nashua
Fody's: Theatre Sports Comedy Improv

Monday, Aug. 1

Concord
Penuche's: live standup

Tuesday, Aug. 2

Manchester
Murphy's: live standup

Wednesday, Aug. 3

Manchester
Shaskeen: open mike

Nashua
Penuche's: live standup

Thursday, Aug. 4

Hampton
Casino Ballroom: Louis C.K.

Friday, Aug. 5

Laconia
Weirs Beach: Big Umbrella Comedy Show

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Sat, July 30
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International Folk Act
Thur, Aug 4
TFM &106.3 The Notch Present:
POCO
Country Rock Legends
Sat, Aug 6
JUDY COLLINS
Intimate Show w/ a Legend
Wed, Aug 10
TFM & 100.1 The Planet Present:
YOUNG DUBLINERS
Celtic Rock Band
Sat, Aug 13
JOE LOUIS WALKER
LUTHER 'GUITAR JR.' JOHNSON
Blues Bash Co-Bill
Sat, Aug 20
PETER & THE WOLF
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Sun, Aug 21
ARLO GUTHRIE
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Sat, Aug 27
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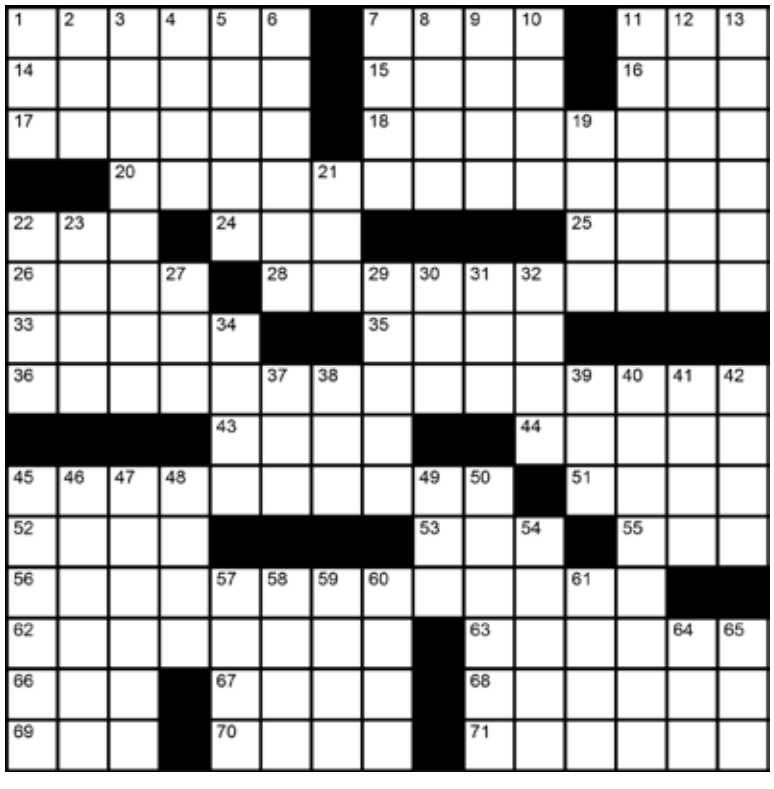
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JONESIN' CROSSWORDS

"IMHO" — honestly, there's no more fitting group. By Matt Jones

Across

1 Hair relaxer option
7 Slinky shape
11 Ms. ___-Man
14 Portugal's second-largest city
15 "___ Approved"
16 "___ little teapot..."
17 Announcement before "go"
18 It can't help being negative
20 Story that ends with the Slaying of the Suitors
22 Abbr. in many Quebec city names
24 Org. that holds Renaissance Fairs
25 Former Sony line of robotic pets
26 Different roles, so to speak
28 Pancreas or kidney
33 Steer clear of
35 Club choice
36 What a doctor takes
43 Do some serious damage
44 Like "Paranormal Activity"
45 Where branches refer back to
51 Active person
52 Elvis's middle name
53 "Hagar the Horrible" cartoonist Browne
55 Fair ___
56 Highly-touted NBC spinoff cancelled in 2008 before production
62 What miracle creams claim to remove
63 Doing some gardening
66 Pet name
67 Nova Scotia, for one: abbr.
68 Baling strings
69 "I'll take that as ___"
70 Dance move
71 "Just a sec..."



Down

1 Refuse to share
2 Unlock, to poets
3 Direction of some race goals
4 Approximately
5 Inventory stock, in adventure games
6 Not big on gadgetry, slangily
7 Actor's indicators
8 Capital on a fjord
9 Carded at the door
10 Like some lingerie
11 "Zen and the Art of Motorcycle Maintenance" author Robert
12 "The Far Side" critter
13 Echo location
19 Pre-1917 ruler
21 Former German president Johannes ___
22 Iranian ruler
23 Kipling's "Rikki-Tikki-___"
27 Take a little drink
29 Heat source?
30 Exhibition stuff
31 "There's ___ in 'team'!"
32 Way back when
34 "___ arigato, Mr. Roboto..."
37 Half-___ latte
38 Org. with a "Leading to Reading" program
39 Massive Brit. lexicon
40 Stimulating
41 They may bind
42 "Take it!"
45 "That was soooo funny..."
46 State name often mispronounced by East Coasters
47 Rita of "The Electric Company"
48 Sheriff Roscoe P. Coltrane's underling
49 401, in old Rome
50 Half a quarter
54 Oklahoma tribe
57 Actor Omar
58 Match up socks
59 Native Nebraskan
60 Invitation request
61 Alternative to ja
64 "Chosen one" played by Keanu
65 Channel that revived "The Newlywed Game"

7/21



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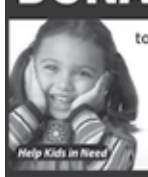
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All quotes are from *Harry Potter and the Prisoner of Azkaban*, by J.K. Rowling, born July 31, 1965.

Leo (July 23 – Aug 22) *Apart from his friends, the thing that Harry missed most about Hogwarts was Quidditch, the most popular sport in the magical world.* Take some time to enjoy your favorite sport. But make sure you're limbered up first, and stay hydrated.

Virgo (Aug. 23 – Sept. 22) *It took Harry several days to get used to his strange new freedom. Never before had he been able to get up whenever he wanted or eat whatever he fancied.* You'll enjoy a newfound freedom as long as you don't go overboard with it.

Libra (Sept. 23 – Oct. 22) *'D'you get the feeling Hermione's not telling us something?' Ron asked Harry.* Read between the lines.

Scorpio (Oct 23 – Nov 21) *'The post office, Harry! About two hundred owls, all sitting on shelves, all color-coded depending on how fast you want your letter to get there!'* A new system of sorting messages has the potential to greatly improve your productivity.

Sagittarius (Nov 22 – Dec 21) *Harry knew that Hermione had meant well, but that didn't stop him from being angry with her. He had been the owner of the best broom in the world for a few short hours, and now, because of her interference, he didn't know whether he would ever see it again.* Feelings will be easily hurt over material things

Capricorn (Dec. 22 – Jan 19) *'You're expecting too much of yourself,' said Professor Lupin sternly in their fourth week of practice. 'For a thirteen-year-old wizard, even an indistinct Patronus is a huge achievement. You aren't passing out anymore, are you?'* Keep a positive attitude toward recent achievements, no matter how small they might seem.

Aquarius (Jan. 20 – Feb. 18) *It looked like the end of Ron and Hermione's friendship. Each was so angry with the other that Harry couldn't see how they'd ever make up.* But they would.

Pisces (Feb. 19 – March 20) *On Saturday morning, Harry packed his Invisibility Cloak in his bag, slipped the Marauder's Map into his pocket, and went down to breakfast with everyone else.* Make sure you have the necessary accoutrements for a job.

Aries (March 21 – April 19) *Exams were nearly upon them, and instead of lazing around outside, the students were forced to remain inside the castle, trying to bully their brains into concentrating while enticing wafts of summer air drifted in through the windows.* You will need to concentrate and it won't be easy. Focus, focus, focus.

Taurus (April 20 – May 20) *Ron did very well until he reached the hinkypunk, which successfully confused him into sinking waist-high into the quagmire.* Watch out for the hinkypunk, and don't get yourself sunk in a quagmire.

Gemini (May 21 – June 20) *'I went to see Professor McGonagall this morning, just before breakfast. I've decided to drop Muggle Studies.' 'But you passed your exam with three hundred and twenty percent!' said Ron. 'I know,' sighed Hermione. ' but I can't stand another year like this one….'* Lighten your workload. You can't be everyone's go-to person. You'll last longer and produce better-quality results if you slow down and do fewer things.

Cancer (June 21 – July 22) *So Harry had had no word from any of his wizarding friends for five long weeks, and this summer was turning out to be almost as bad as the last one.* You may feel out of touch with some friends. Keeping a journal or a video diary and sending some postcards could help you maintain a sense of connection until you're back together.

Conceptis Sudoku

By Dave Green

	9	8	2			1	7	
				5	4			
		7				3		
	6							5
	3			2			6	
9							4	
		1				7		
			8	3				
	8	6			5	4	3	

Difficulty Level ★★★ 7/28

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SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. *Last week's puzzle answers are below*

7/21

7	8	1	4	5	9	3	6	2
6	3	4	1	2	7	5	9	8
5	2	9	6	3	8	4	7	1
9	1	2	5	7	6	8	3	4
8	4	6	2	9	3	1	5	7
3	5	7	8	4	1	9	2	6
4	6	3	9	8	2	7	1	5
1	9	5	7	6	4	2	8	3
2	7	8	3	1	5	6	4	9

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That is a general mail box. To reach reporters with specific sections of the paper:

- **Arts —** Send information on exhibits, theatrical productions, classical music events, art and theater classes and auditions to Adam Coughlin at arts@hippopress.com. You can also reach him by phone at 625-1855 ext. 12.
- **Books** — Send information on book-related events (including author events, book clubs, poetry events and more) to Books Editor Lisa Parsons at lparsons@hippopress.com. Books submitted for review will not be returned. Books can be submitted for review or mention to Lisa Parsons, The Hippo, 49 Hollis St., Manchester, NH, 03104. Books submitted will be considered for review but are not guaranteed review or mention.
- **Food** — Send information about new restaurants, new menus, new chefs, chef and restaurant awards, food events, wine tastings, beer and wine making, cook-offs and other food competitions to food@hippopress.com
- **Listings** — Send information on events and classes for kids, continuing education for adults, fitness and health classes and events, local museum events and exhibits, volunteer needs and more to listings@hippopress.com. Please send information intended for listings section at least two weeks before the publication date (Hippo publishes every Thursday) before the event. Please note that due to space constraints, not all listings run every week.
- **Music** — Send information on upcoming live music performances, bands, new CD releases, comedy nights, DJs and karaoke nights, nightlife events and concert series to music@hippopress.com.
- **News** — Send information about new businesses, political events and other items intended for the news section to jmucciarone@hippopress.com. You can also reach him at 625-1855 ext. 36.

Not sure who to send it to? You can also contact editor Amy Diaz at adiaz@hippopress.com or call 625-1855 ext. 29.

Letters to the Editor

Send letters to the editor to news@hippopress.com. Include your name, address and phone number for verification. Letters will be edited for size and will appear in our occasional comments section.

General submissions

The Hippo does not accept unsolicited articles, photos, illustrations or guest columns for publication. Submissions will not be returned or acknowledged.

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060116

NEWS OF THE WEIRD

BY CHUCK SHEPHERD

Pricey Piece of History

The New York Yankees' Derek Jeter achieved his milestone 3,000th major league hit in July, and Steiner Sports Marketing of New Rochelle, N.Y., was ready (in partnership with the Yankees and Major League Baseball). Dozens of items from the game were offered to collectors, including the bases ($7,500 each), 30 balls used during the game ($2,000 each, unsigned), and even Jeter's sweaty socks ($1,000). Steiner had also collected five gallons of dirt (under supervision, to assure authenticity), and uberfans can buy half-ounce containers of clay walked upon by Jeter during the game (from the shortstop area and the right-hand batter's box) — for a not-dirt-cheap $250 each.

Compelling Explanations

• Military veteran Joshua Price, 26, was arrested in March after police in a Chicago suburb found child pornography and 1,700 photos of dismembered women on his computer, but at a court hearing in May, Price explained that his photographs were a necessary escape from war-related trauma. In fact, Price told prosecutors that were it not for the distracting photos, his stress disorder would surely have caused him to kill his wife and two daughters. (Prosecutors accepted that Price's crime was a "cry for help," but the judge, less impressed, quadrupled Price's bail, to $1 million.)

• Unclear on the Concept: The initial explanation by Thomas O'Neil, 47, upon his arrest in Wausau, Wis., in June for criminal damage to property (breaking into a neighbor's garage and defecating on the floor) was to claim that he thought he was in his own garage.

Democracy in Action!

Emerging democracies typically exhibit growing pains as they develop stability. For example, in July in Afghanistan's parliament, one female legislator attacked another with her shoe (and then dodged the second lady's flying water bottle before colleagues separated them). Older democracies, however, act more maturely — except perhaps in California, where in June, an Italian-American legislator got into a shoving match with a colleague whom he thought had made a "Sopranos"-type slur about recent legislation. And in the mature democracy of Wisconsin in June, one state Supreme Court justice was accused of roughing up another (though who started it is in dispute) as the justices privately discussed a case.

Ironies

• Budget cuts forced the closure of two of the three firehouses in Chillicothe, Ohio (pop. 22,000), and even that station failed a state fire marshal's inspection in March. Because the station's own alarm system was broken, the chief was required, until the new system is installed, to assign one firefighter per shift to be on full-time patrol at the station, walking around the grounds constantly, upstairs, downstairs, looking for fires.

• Run That by Me Again: (1) In New Orleans in July, Thomas Sanders, 53, pleaded guilty to murdering a 12-year-old girl. According to the neighboring state of Mississippi, Sanders has been dead for 17 years (having been ruled deceased in 1994 on petition of his parents, brother and ex-wife). (2) In July, the city of Daytona Beach Shores, Fla., agreed to pay $195,000 to settle a lawsuit in which six people claim they were strip-searched unlawfully by police. Four of the six were strip-searched during a raid at the Biggins Gentleman's Club, where they work as strippers.

Easily Offended

• Norris Sydnor III's $200,000 lawsuit against Rich's Nail Salon of Landover, Md., for "humiliate(ing)" him last December is scheduled for trial as News of the Weird goes to press. Sydnor was upset that males have to pay $10 for a manicure but females only $9.

• John Luckett filed lawsuits on 11 different complaints earlier this year against the Las Vegas arcade Pinball Hall of Fame, claiming that he was wrongfully barred from the premises for obnoxiously complaining about out-of-service machines, especially "Xenon," which he says he has mastered so well that he can play almost indefinitely on an initial 50 cents. Among the damages requested, Luckett is demanding $300 for each "therapy" session he might have to undergo to overcome the trauma of being ejected. Luckett has filed more than 40 lawsuits in his role of, as he put it, avenging people's attempts to "screw" him.

Should've Kept Their Mouths Shut

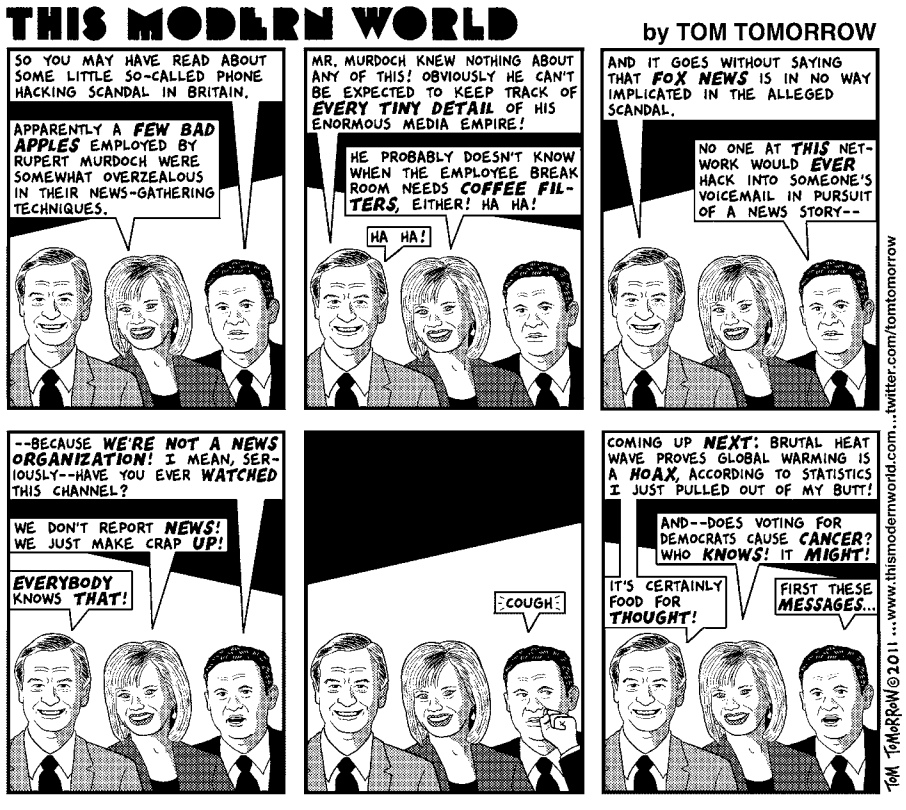
•According to a bailiff, convicted car thief Thomas Done, 33, spent almost a half-hour at his June sentencing "shucking and jiving" Ogden, Utah, Judge Michael Lyon before finally finagling probation (instead of 15 years in prison) — by expressing parental love for his young daughter and blaming his recidivist criminality on his girlfriend's infidelity. However, literally seconds after Judge Lyon announced probation, Done, noticing his girlfriend in the courtroom, made a gun-triggering motion with his thumb and fingers and said, "Boom, bitch." A bailiff reported the gesture to the judge, who declared Done in violation of his brand-new probation and ordered him re-sentenced.

• Initially, all Jay Rodgers wanted was for the fellow Atlanta gas station customer to say "thank you" when Rodgers held the door for him, but the man remained silent, and Rodgers pressed the issue, confronting him and even following the man out to his car — where the man pulled a gun and shot Rodgers in the abdomen, sending him to the hospital for nine days. (Interviewed on WSB-TV in May, Rodgers resumed nagging the man, urging him to "do the right thing" by turning himself in.)

Update

The Great Pacific Garbage Patch has become an increasingly larger and more permanent part of the ocean — plastic and other floatables, along with concentrations of chemical sludge, estimated to measure from 0.4 percent to 8 percent of the entire Pacific and responsible for disruptions of the food chain affecting various species of aquatic life. Now, thanks to the March tsunami near Japan, the estimated 25 million tons of debris from cars, homes, appliances, shipping containers, chemicals, etc., from coastal Fukushima that washed back out to sea will soon be caught in the same Pacific swirls, in what a French environmental group forecast would be a pair of ocean-navigating journeys that will last at least 10 years, gradually breaking off and joining (thus substantially enlarging) the two distinct legs of the Great Pacific Garbage Patch.

Are you ready for News of the Weird Pro Edition? Every Monday at http://NewsoftheWeird.blogspot.com and www.WeirdUniverse.net. Other handy addresses: WeirdNews at earthlink dot net, http://www.NewsoftheWeird.com, and P.O. Box 18737, Tampa FL 33679.



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JOSH TURNER
SUNDAY JULY 31

ALL TIME LOW
GIMME SUMMER YA LOVE TOUR
MONDAY AUG 1@7PM
[ALL AGES SHOW]

SOLD OUT!
STONE TEMPLE PILOTS
Tuesday/Wednesday
AUGUST 2 and AUGUST 3

Louis CK
THURSDAY
AUGUST 4

FRIDAY
AUGUST 5
QUEENSRYCHE

AMERICA
saturday
AUGUST 6

SUNDAY
AUGUST 7
REGGAE REVIVAL
WITH
MAXI PRIEST
JUNIOR MARVIN'S WAILERS

MELISSA ETHERIDGE
MONDAY, AUGUST 8

Cinderella
WEDNESDAY
AUGUST 10

COMEDIAN
RON WHITE
FRI AUG 12

saturday AUGUST 13
BARENAKED LADIES

Ted Nugent
MONDAY
AUGUST 15

KC & the Sunshine Band
friday
AUGUST 19

comedian
SETH MEYERS
SAT AUGUST 20

whitesnake
SUNDAY
AUGUST 21

FRIDAY
KENNY WAYNE SHEPHERD
8.26

SOUTHSIDE AND THE ASBURY JOHNNY JUKES
SATURDAY, AUGUST 27

An Evening with
THE MONKEES
SUNDAY
August 28

SOLD OUT!
BIG TIME RUSH
Wednesday, August 31

B.B. KING
• FRIDAY •
SEPTEMBER 2

CARNIVAL MADNESS
THEORY
ALTER BRIDGE
SATURDAY, SEPT 3

Bret Michaels sat SEPT 17
B-52s fri SEPT 30
George Thorogood & The Destroyers Sat OCT 8
Pixies SOLD OUT Sun OCT 30

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